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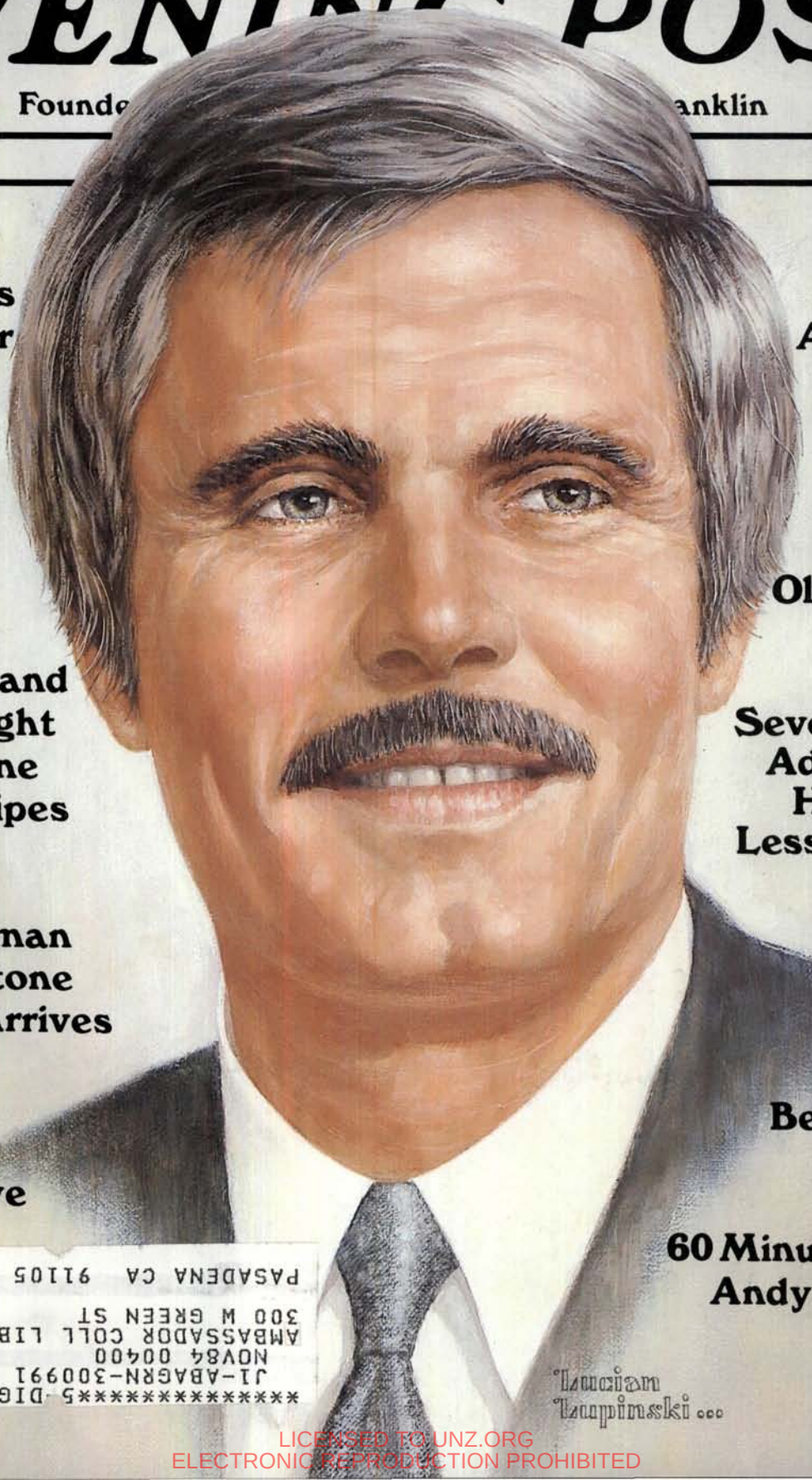

Cable TV's Ted Turner

UFOs: Are They Us?

Spirited Skipper of CNN

Figure Skating Olympians

"Carb Up" and Lose Weight High-Lysine Corn Recipes

Seventh-day Adventists Have Far Less Cancer

First German Kidney Stone Crusher Arrives in U.S.

Fiction: Ben Hecht

Microwave Cookery

60 Minutes with Andy Rooney

Lucian Lupinski

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Important news for all admirers of the art of Norman Rockwell!

Bells shown smaller than actual size of 7″ in height.

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The Norman Rockwell Bell Collection

For the first time ever these *Saturday Evening Post* classics by Norman Rockwell will be reproduced on fine porcelain collector bells

Norman Rockwell created his finest art for *The Saturday Evening Post*. These paintings are a national treasure, known and loved by millions. Yet the Norman Rockwell classics in this collection — twelve of his greatest — have never appeared on collector bells. They have been authorized by *The Saturday Evening Post* to appear for the very first time, in an exclusive edition available only from the Danbury Mint.

One of the wonderful things about Norman Rockwell is that you want to look at his paintings again and again. The more you see them, the more you enjoy them — and the more you find to appreciate. This is why millions of Americans love collectibles featuring the art of Norman Rockwell.

There are two things to look for in Rockwell collectibles — the importance of the art and the quality of the objects. These Norman Rockwell bells offer both! The paintings are all-time Rockwell favorites. The bells are fine Bavarian porcelain — treasured throughout the world!

The Very Best of Norman Rockwell

These twelve paintings exhibit Norman Rockwell at his very best. Here is everything that lovers of Rockwell admire: His ability to convey character. His feeling for the emotions and the drama of everyday life. Most of all, his love of America and fondness for its people.

In *Catching the Big One*, a boy and his grandpa share the thrill of fishing. But it's *grandpa* not the boy who's playing hooky . . . he's dressed in a business suit, and there's his briefcase.

Tea for Two, looks back to an earlier America and shows a contented elderly couple enjoying their tea by the fireside. Notice the facial expressions. And all the details — the cat on the woman's lap, the man's top hat and scarf . . . the statue of two parakeets on the mantelpiece.

Bells of Fine Porcelain Crowned with Wooden Handles and Hand-Decorated with 22kt Gold

The bells will be exquisite. Each will be crafted of fine Bavarian porcelain and decorated with an elegant wooden handle. As an elegant finishing touch, each bell will be hand-decorated with a band of precious 22kt gold.

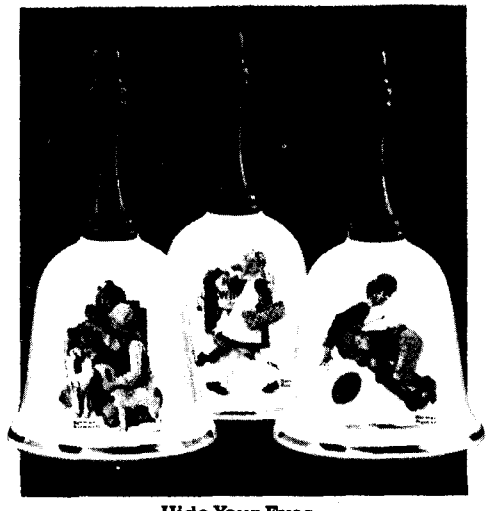
An Exclusive Edition Officially Authorized by *The Saturday Evening Post*

The Norman Rockwell Bell Collection has been officially authorized by *The Saturday Evening Post* as an exclusive Danbury Mint edition. The collection will not be available in stores nor will any bells be sold individually.

Convenient Acquisition Plan and a Guaranteed Price

You will receive your bells at the convenient rate of one every two months. There is no need to send money now. The issue price of $37 per bell is guaranteed for the entire collection. You will be billed for each bell in two monthly installments of just $18.50 each. You may have each monthly installment charged to your VISA or MasterCard.

Your satisfaction is guaranteed. If you are not satisfied with any bell, you may return it within 30 days for replacement or refund. You may cancel your subscription at any time.



Hide Your Eyes
Making Friends **Saturday's Heroes**

Please Act Promptly

To avoid any possibility of disappointment, you would be best advised to mail your reservation today.

RESERVATION APPLICATION

W15

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P.O. Box 5245
Norwalk, Conn. 06856

THE NORMAN ROCKWELL BELL COLLECTION

Please return by May 31, 1984

Please accept my reservation to *The Norman Rockwell Bell Collection*, a collection of twelve bells each bearing a reproduction of a *Saturday Evening Post* classic by Norman Rockwell. This is the first time these twelve classics have been reproduced on collector bells. The collection will be issued at a rate of one bell every other month.

I need send no money now. I will pay for each bell as billed in two convenient monthly installments of $18.50 each. Any bell I am not satisfied with may be returned within 30 days for replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

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City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your:

☐ MasterCard ☐ VISA

Credit Card No. _____ Expiration Date _____

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

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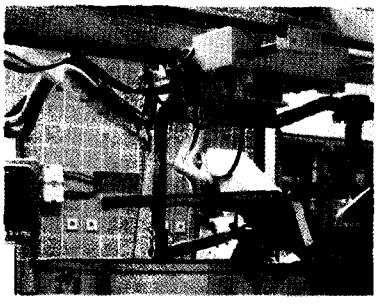
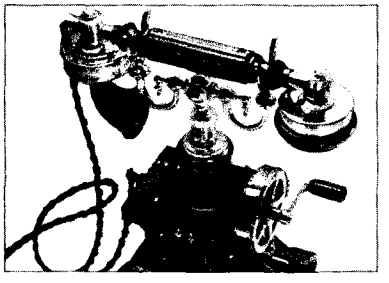
Tuning in Ted Turner—with the latest news and views from the skipper of CNN. 44



America's first surgery-free—kidney stone crusher from Germany has arrived in Indianapolis 50



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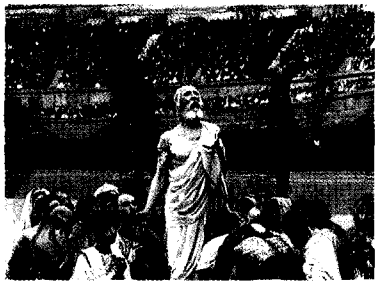

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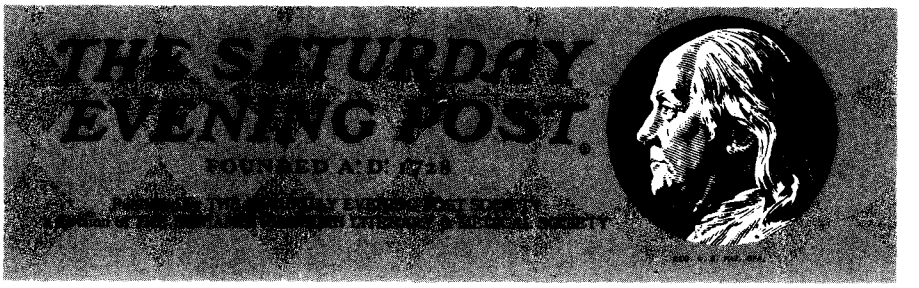

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(Cover painting by Lucian Lupinski)

The Saturday Evening Post (ISSN: 0048-9239), incorporating Country Gentleman, is published monthly in 1984, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices. Copyright © 1984 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S.Patent Office. Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $17.97. The Saturday Evening Post editorial, circulation and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to The Saturday Evening Post Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

Unsolicited manuscripts, art work and photographs submitted to THE SATURDAY EVENING POST must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork or photographs.

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CBS's Andy Rooney—wants people to know he's been around for longer than 60 Minutes. **64**

Proof—that the diet recommended by the Seventh-day Adventist Church gives members less cancer and fewer heart attacks. **40**

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New twists in figure skating—international competitors are taking some risky new turns. **58**

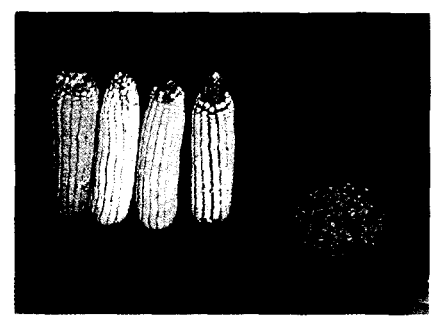
Home-baked bread—all it takes is a little dough to rise to any dining occasion. **84**

Letters

In The Bag

We received our free package of high-lysine corn meal. It's the best I've ever tested. Appreciated it. Hope to be able to find seed so we can grow some in our home garden in '84. We are vegetarians and take lysine, 500 mg three times a day. I've had a problem with cold sores and my husband had bladder cancer tumors several years ago. Happy to see you have no cigarette ads.

Mrs. Walter Tharp
Saluda, South Carolina



Editor's note: We're sending you a bag of high-lysine seed corn in hopes you'll send us your favorite lysine corn recipes when it is grown. Don't eat the seed corn. It's colored red because it has been treated.

Smoke Gets in Your Lungs

I could not be more pleased with your magazine. As the director of academics for a private school, we have found new "modern day" magazines of a high enough quality that we felt adequate for school-age students to read. Yours is one of the few.

I am also highly pleased with your stand against smoking and against accepting advertisements of tobacco products in your magazine. Life is short enough without the added problems incurred by tobacco.

I am encouraging my friends to read your magazine.

Robert H. O'Neal
Roseburg, Oregon

This letter is in answer to Robert J. Moore of Richmond, Virginia, who canceled his subscription since you were refusing to accept cigarette advertising.

If he, like myself, had the experience of sitting by and watching

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Cory SerVaas, M.D., *Editor and Publisher*
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"You know, Bob, this selection merely hints at the hundreds of Amway nutrition, home-care, housewares, and personal-care products which can make life easier, happier, and more fun."

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—a mother die, who was riddled with cancer; a husband die with cancer of the lung; a sister die with cancer of the throat; and a brother die with cancer of the throat—I'm sure he would thank you for excluding the revenue of cigarette ads and would be telling his friends what a wonderful, concerned magazine you are and not tell his smoker friends not to read your periodical.

Incidentally, the autopsies of each member of my family stated that in their opinion all these deaths were due to cigarette smoking.

When I begged my sister to stop, she replied, "You have to die of something. So what." Before she left us she agreed it is a horrible way to go.

Do keep up your good work. Such action is sorely needed by many more.

Ruth L. McMurray
Boynton Beach, Florida

Breaking Out

I have been reading the recent articles of your research on L-lysine for treatment of herpes and must join in the applause for this fine boon to medical science. It's hard to realize that something so simple can do so much.

I've had several opportunities to see firsthand what L-lysine can do. First, my daughter had a very serious case of oral herpes on the face, lips and in the mouth and throat. She went to the doctor and he gave her a little bit of everything to no avail. It ran a course, and she was over it, so we thought. Then, on a basis of every two weeks or so, she broke out on the face. We saw an article pertaining to L-lysine being used in treatment of herpes. We said anything is worth a try. She took it regularly for several weeks and did not have a recurrence while she was on it. When she stopped taking it, she broke out again. She is now taking it every day, but even when she did break out, it soon cleared up after the first couple of tablets of L-lysine. I also have been plagued with virus. I would break out in my nose, and it is very hard to treat there—L-lysine did the trick.

"Corn again?"

Have not seen this in your research, but I have recently had a very serious bout with what later was diagnosed as allergy to mold and yeast, and during that time I broke out in my throat and on my tongue with herpes and ulcerous "canker sores." I started L-lysine on my own. This cleared up in about three days. This week I had a very painful place on the back of my tongue. It was red in color, so I decided to take 500 mg of L-lysine before I went to bed. Next morning it was barely sore, a definite canker sore, and after 1750 mg of L-lysine within a 24-hour period, it is completely gone. Since all of this, I have decided I will take L-lysine on a regular basis.

Hazel McEacharn
Shreveport, Louisiana

Replies

I had an opportunity to review the December '83 issue of *The Saturday Evening Post*. I was particularly delighted with your article on "Light Up Your Larynx for Christmas." I feel this was a very effective article and clearly brought early diagnosis to the forefront of your readership. I had several calls from patients who have had recent laryngectomies or are about to regarding the rehabilitative potential following surgery. I feel that if two points could be made, early diagnosis and hope for restoration of relatively normal life were clearly made by your article. My hat is off to you.

Mark I. Singer, M.D.
Indianapolis, Indiana

Say H-h-h please!

In your December '83 article "Light Up Your Larynx for Christmas," you speak of doctors being embarrassed because they can't see the larynx when the patient gags.

Years ago, I discovered that I did not gag when the doctors placed a tongue depresser on the back of my tongue if I pronounced the letter H-h-h at the time. A couple of months ago, Robert C. Kaye, M.D., from the clinic of family medicine, Rensselaer, Indiana, was examining my throat during routine examination and noticed that I did not gag. We had quite a discussion at the time. Since that examination, he has tried the system on other patients and he declares that it works.

Should you print any part of my letter, I would appreciate it if you would contact two or three other doctors, perhaps throat specialists, and have them try the system. If the system works, doctors will get a better view of the larynx.

Wilbur M. Lemar
Monon, Indiana

"I like a little white wine with my red wine."

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La Fédération Internationale de l'Automobile presents . . .

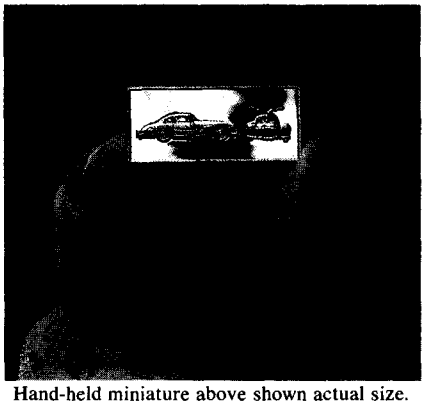
The World's Great Performance Cars

—incredibly precise and detailed minted miniatures of pure gold on solid sterling silver.

The 100 greatest performance cars of all time —portrayed in brilliant micro-detail by the master engravers and craftsmen of The Franklin Mint.

Attractively priced at $9.50 for each gold-on-silver miniature.

First Edition Proof Sets limited to 25,000 world-wide.



Hand-held miniature above shown actual size.

The minted miniature. Microscopic sculptured detail . . . raised in precise relief against a mirror-bright surface of 24 karat gold. Perfectly formed . . . a triumph of exacting craftsmanship. All in an area no larger than the eye that beholds it.

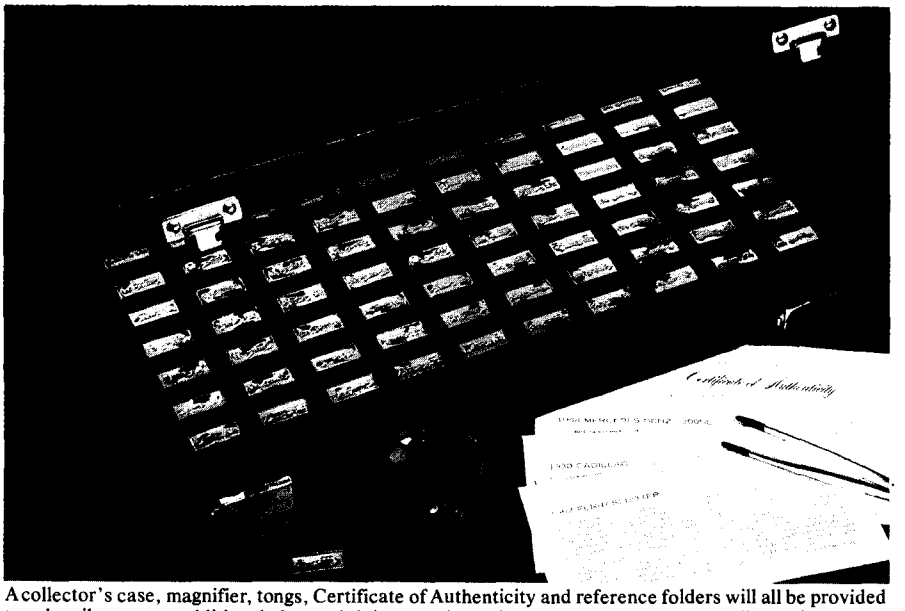
This is fascination of the minted miniature—and the secret of its appeal to collectors throughout the world.

Now you are invited to discover this amazing achievement of the minter's art for yourself, in The World's Great Performance Cars Miniatures Collection.

Issued by La Fédération Internationale de l'Automobile—the world's foremost automotive authority—this extraordinary new collection will consist of 100 intricately crafted miniatures. Each will portray a history-making performance car that proved the value, on road or track, of a dramatic advance in automotive technology. And the First Edition of the collection will be minted in pure 24 karat gold electroplate on solid sterling silver.

These richly detailed miniatures will honor such renowned cars of past and present as: the *1982 Ferrari Boxer*, rated the fastest road car in the world today. The *1976 Porsche 911 Turbo*, one of the most impressive sports cars ever. The *1964 Pontiac GTO*, first of the big engine U.S. "muscle cars." The *1954 Mercedes-Benz 300 SL*, the famed fuel-injected gullwing coupe. And the *1930 Cadillac*, with its whisper-silent V-16 engine.

Each gold on silver miniature will be struck in flawless *Proof quality*. Furthermore, these miniatures will be minted in an elongated rectangular shape—displaying both a front and side view of each car. Just the way you'd look at it in a museum, at an auto show, or on a set of working automotive drawings.



A collector's case, magnifier, tongs, Certificate of Authenticity and reference folders will all be provided to subscribers at no additional charge. Miniatures shown in case are for purposes of illustration only.

Your miniatures will be sent to you at the convenient and systematic rate of two each month. And the attractive price of just $9.50 for each gold on sterling Proof will be *guaranteed* to you for the entire series—regardless of any escalation in the cost of engraving and minting, or of precious metals, during the subscription period.

Few of man's great inventions have a richer or more nostalgia-filled history than the motor car. And so, as you build this collection, you will have the satisfying opportunity to share with family and friends vivid memories of those exciting automobiles that have been the best of a very special breed down through the years.

To acquire a limited First Edition Proof Set of this important collection, return the accompanying Subscription Application to the official minter, The Franklin Mint, by April 30, 1984. Subscriptions will be accepted on an as-received basis. Once the limit of 25,000 gold on silver Proof Sets is reached, no further applications can be accepted. It is important, therefore, to respond as soon as possible.

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Please mail by April 30, 1984.

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**Plus my state sales tax and $.50 for shipping and handling.*

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Post People

Ron Neal

Gavin MacLeod and ***Jill Whelan*** take time between cruises to prove that love doesn't stop when ABC's "Love Boat" drops anchor. At least not as long as drugs and alcohol continue to ruin the lives of young people. As spokespersons for an anti-drug abuse program, the two performers, who play father and daughter on the popular program, stress the need for parents and children to talk about the facts, fears and pressures of drug abuse.

Holly Coors

Admiral James Steele Gracey, the 17th commandant of the United States Coast Guard, sits behind a model of his favorite lighthouse (located at Tillamook Point, off the coast of Oregon). Under the admiral's supervision, 30,000 coast guard officers and enlisted personnel are responsible for tracking every vessel on and below U.S. waters.

When the smoke cleared at the Environmental Protection Agency, Anne Burford and John Hernandez had disappeared, and ***William D. Ruckelshaus***, who formerly served under President Nixon, was welcomed home for his second term as chief of the EPA. To quote President Reagan: "No one could bring more impressive credentials."

The United States Senate as well has agreed that the former Weyerhauser senior vice president of law and corporate affairs is "uncommonly well suited for the job."

Ron Neal

"Health care is one of the top issues on everyone's mind today," says Republican senator ***Dan Quayle*** of Indiana. To combat the factors now driving up health-care costs, namely physicians' fees, insurance premiums, technical proliferation and health plans, Senator Quayle is proposing a three-point program that includes "instilling competition among health-care providers, searching out inefficiencies within existing systems and creating more enthusiasm for preventive medicine. We have the treatment for many problems but often not the cures," he says.

Their stockings were hung by the chimney with care/And they were sitting in a big wicker chair/Hoping that Santa soon would be there.

But Alex and Jennie both know/That Santa is not going to show/Until "A Visit from St. Nicholas" is read/And mother and dad have put them to bed.

That would be ***Julie Nixon Eisenhower*** and ***Dwight David Eisenhower III***/Two names that you may already have heard.

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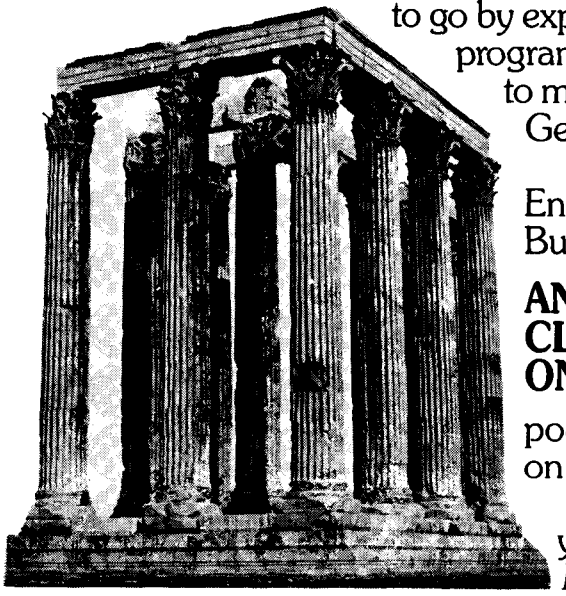

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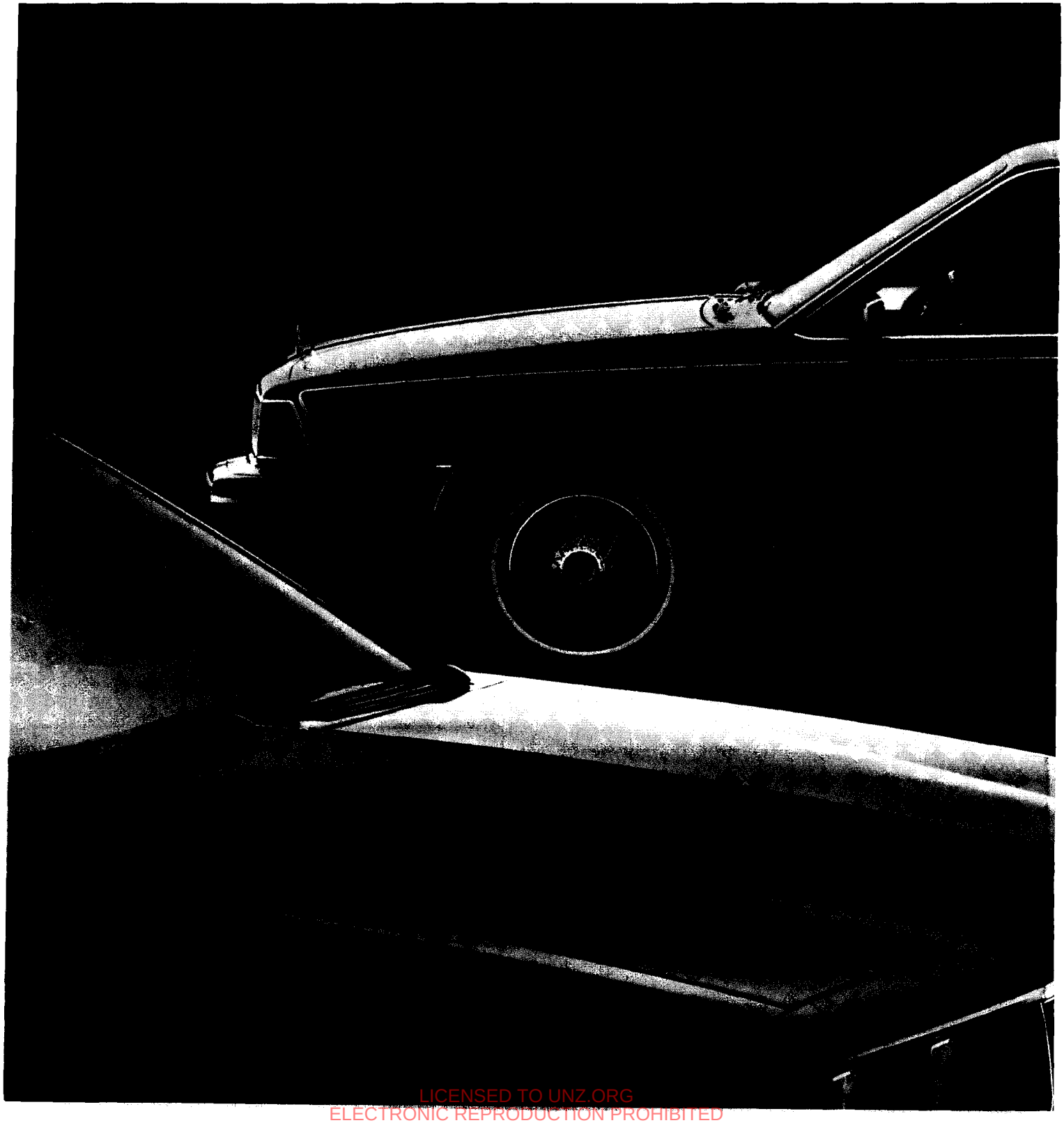

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smooth, quiet ride provided by its computer-tuned suspension system.

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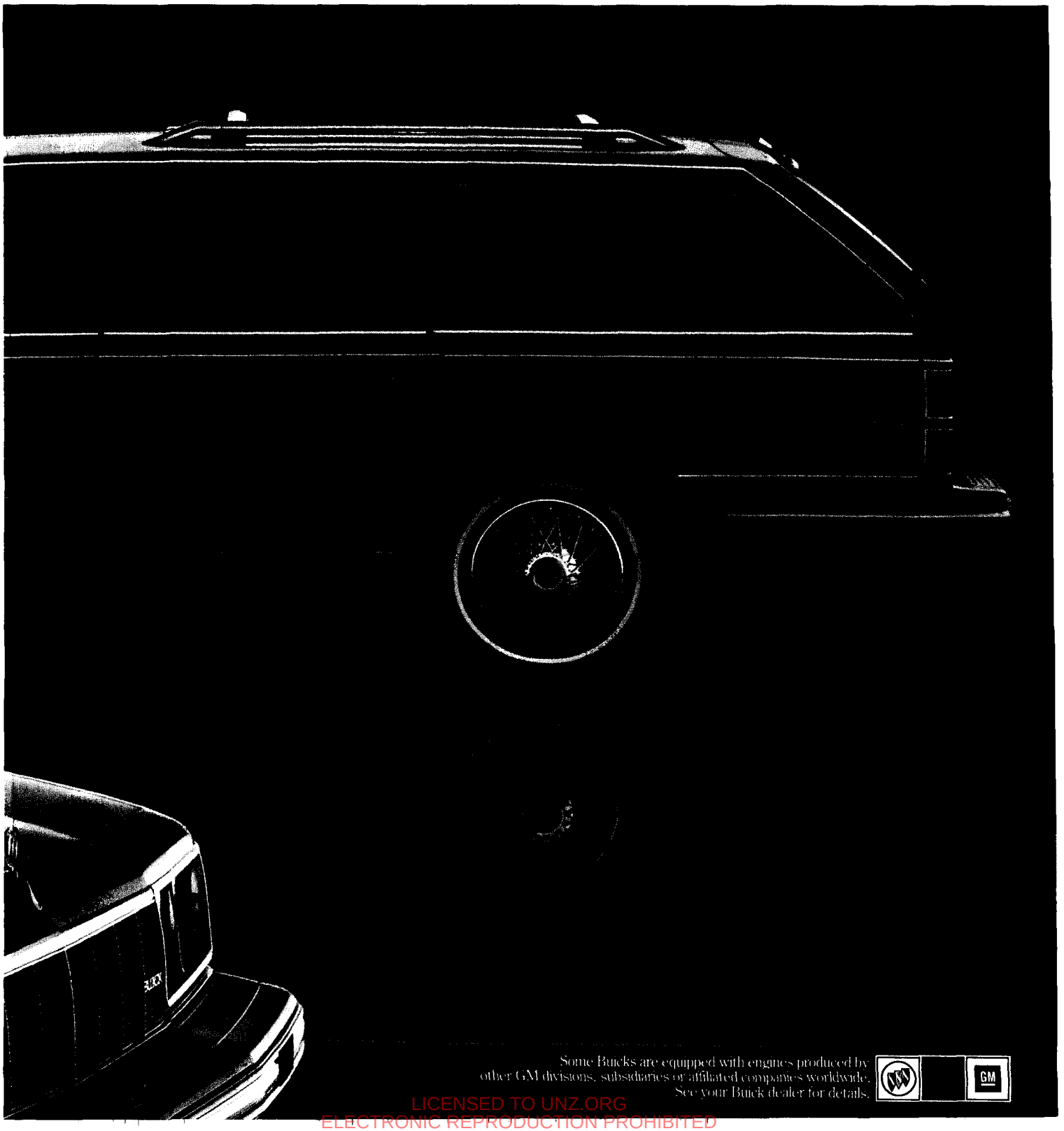

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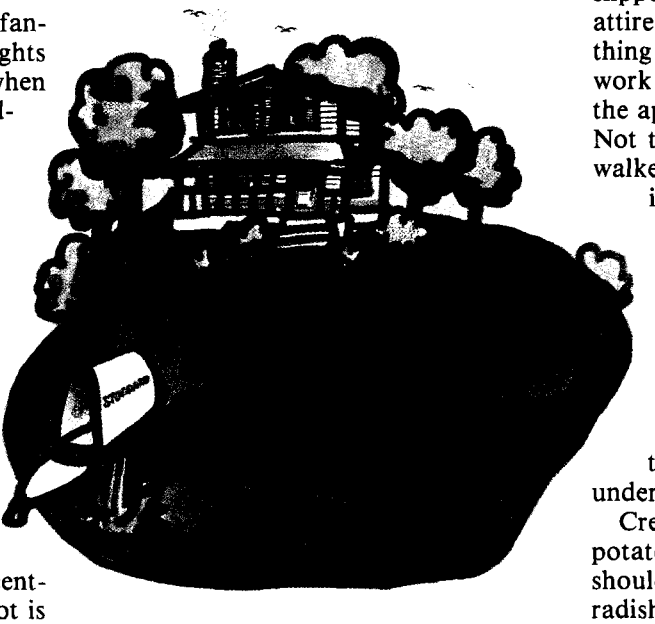
POTATOES... HOME GROAN

This Post humorist will stoop to just about anything, except planting his own spuds.

by Maynard Good Stoddard

In the spring a young man's fancy may lightly turn to thoughts of love, but it's also the season when the more mature man's bloodstream turns as lightly to potassium nitrate and his thoughts to Vigaro. And neither wife nor age nor stubborn soil nor common sense can prevent his annual attempt to grow his own groceries. At least his own potatoes, if nothing else.



Raising potatoes begins by turning under the weeds on a designated plot of ground. This will assure a good crop of new weeds, potatoes or no. Conditions are at their best when the designated plot contains a fair percentage of sand. But when one's plot is high on a hill, one's sand went into the valley shortly after the Big Bang. My neighbor, who lives in the valley, has soil so sandy his wife can turn it with a spatula. What I have is a type of clay that would give a bowling-ball manufacturer cause for turning handsprings. This spring, after trying to turn it with my rotospader, I borrowed my neighbor's horse for plowing. It came down with a hernia on the second lap.

As to seed, some seed catalogues now advertise only the "eyes." While it's true that the eyes have it, this seems to me not only morbid, but I, personally, would as soon plant a potato chip. I prefer to leave the eyes in the carcass, cutting the seed potato so that each section contains at least two. My reasoning is that sprouts can find their way to the sunshine easier with 20/20 vision than with a single 20. I also believe that a large potato cut into pieces yields larger potatoes than a small potato planted in its entirety. Paul Williams, as my thinking goes, can never sire a 7'5" professional basketball player.

Until my back condition caused me to find a third, there were basically two theories for getting the seed into the ground. One, dig a trench about three inches deep and press the hunks of potato, cut side down, into the trench at roughly two-foot intervals. The other calls for digging three-inch holes two feet apart. In either case the seed is then covered with soil and pressed down with foot or hoe to assure that the soil and the seed make contact.

Here is where the green-thumb crowd and I part company. The know-it-alls say the seed should be covered with soil "free of lumps." But covering seed with my so-called soil, it's a question of one lump or two. And it was this double duty of having to bend to plant the seed and bend again to position the lumps that set me thinking about a third theory for getting those suckers into the ground and out of sight.

Now, according to my wife, I am not as young as I used to be. I let her get away with this only because it is, to date, her most profound statement. Also, just between us, my backbone might indeed have lost its resilience. (I'm sure it's somewhere along the ditch I dug for the kitchen drain, but I've given up looking.) Anyway, I came up from the garden this particular afternoon to have her confront me with the exhilarating news that she had mislaid the can opener, and we'd have to eat in town.

Normally, by the time I have slipped out of my casual gardening attire, showered and got into something more confining, my spinal network has pretty much returned to the approved 180-degree alignment. Not today. Going out to the car, I walked as if looking for a lost dime in tall grass.

My wife, ever sympathetic, said she would drive—"and for heaven's sake don't die in that posture or we'll have to bury you in a drum!" It was in the waiting room at the doctor's that I discovered I had somehow managed to get the end of my necktie caught under my belt.

Credit for the inspiration to plant potatoes without bending over should go to the radishes. I had the radish seed loose in my pants pocket and was making a furrow for the little devils with the end of my hoe when I noticed they were sprinkling along through a hole in the pocket. The spacing left something to be desired, but I always have to thin radishes anyway. Unless the aphids, earwigs, thrips and that crowd beat me to it.

This worked out so well, in fact, that when it came to planting the rutabagas, I ran a spike through the bottom of the other pocket and planted two rows at once. The rumor about my walking spraddle-legged like that originated, I'm sure, with my neighbor who, under the pretense of having hit a stump, stopped cultivating and came over to the line fence to get a closer look.

Another reason for suspecting him—he got even nosier when I went back to planting potatoes. For one thing, he is not a golfer. So I suppose there was some reason for his being mystified, after I had made a row of holes, to see me dump a bucket of seed potatoes on the lawn,

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taking a pitching wedge out of my golf bag and begin chipping potatoes at the holes. It wasn't until I began putting, however, that he stopped his tractor and stood up on the seat to watch.

Every potato grower since Abel has no doubt asked the question, "What do potato bugs live on before my potato vines poke their tender little leaves up through the soil?" Or clay, in my case. Some naturalists hold to the belief that those white butterflies flitting across the garden are the bad girls, laying the eggs that turn into babies that become the mammas and the papas responsible for the population explosion. Or is that the cabbage worm? Whatever, once these little leaves find a crack in the clay and poke their way into the sunlight, they find a reception committee composed, not only of bugs, but beetles, blight, cutworms, hail, quack grass, dry rot, astigmatism, the whole army, waiting to begin the welcoming ceremonies. Thus one is obliged to begin hoeing, spraying, bugging, beetling, watering and, eventually, hilling (hoeing dirt up around the hills, that is, so the potatoes won't suffer a case of sunburn—sunburned potatoes, reportedly, are lethal; some say they can even kill you).

True, potatoes are both time and trouble. But that time and that trouble, and even that suffering sacroiliac, are forgotten once the proud gardener takes his potato fork—or jackhammer, in my case—and begins bringing those lovely Irish cobblers out of their earthly abode.

Only the mother of quintuplets can comprehend the exhilaration of the gardener who has chipped and putted a single seed into the soil and now sees a dozen or more descendants drying in the sun and waiting to be eaten, perhaps with a new crop of peas, or to be stored for the winter.

Several gardeners after my own heart have come up with ways of landing spuds that preclude the use of so much as a potato fork at harvest time. Instead of dropping the seed into holes a couple of inches deep, one man merely disturbs the soil with rake or rototiller, places the seed in a row the approved 2½ to 3 feet apart, and covers it with straw. In the fall he goes out to remove the straw, and *voila, potatoes de jour*.

The second method is even more after my own heart. This fellow places a tire, drops in a few seeds, covers them with dirt, sets another tire over the first one, more seed, more dirt and so on. At harvest time, he lifts off the tires and has a mound of potatoes with no digging at all.

Then there's a member of my own family whom I won't mention by name (but he married our daughter) who planted his first seed potatoes two feet deep "to give them room to grow." Needless to say, they required no hoeing, no tilling or digging up. As a neighbor gently told him, "You didn't plant potatoes, you buried them."

And of course there's the farmer who is said to have planted his row of potatoes straight up the steepest hill on his farm. In the fall, he had only to dig down at the bottom of a row and hold a sack, and all the potatoes rolled into it. However, I'm not sure about this.

But would *you* believe it—no one else will—in spite of my obdurate soil, the bugs, the worms, the blight, the weeds and all the other potato predators, after jackhammering out just five hills this past season, a bushel crate wouldn't hold them. (That's what I tell everybody. But I'll level with you—the potatoes were so small they fell right through the slats.)

Nevertheless, large or small, cooked with their "jackets" on or in the nude, the versatile potato not only is good to eat, but good for you. And seriously, folks, if I can grow potatoes in *my* soil, you can grow them about anywhere but on the sidewalk. In fact, you'll find raising potatoes more fun than I have described. More important, potatoes are a bargain in food energy. They store well all winter, and the ones left over in the spring can be sprouted and planted for still another crop.

One final note, a row of onions planted between two rows of potatoes is highly recommended. Especially in dry climates. The onions make the potatoes' eyes water, you see, and this saves getting out the garden hose or sprinkler...hey, where's everybody going?

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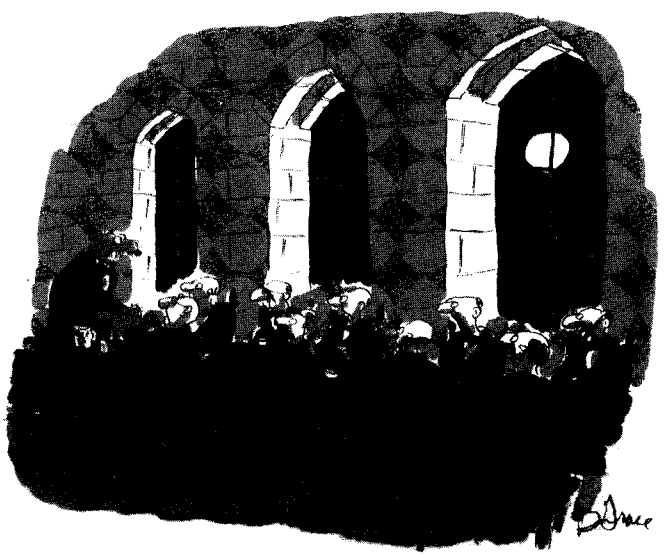
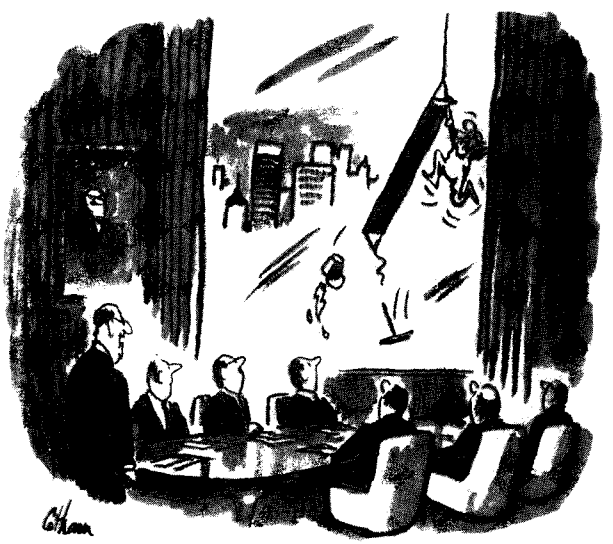


"Oops—I see I've talked well beyond my allotted time."



"Gentlemen, if you don't mind, we have a very heavy agenda."

". . .And in conclusion. . . ."

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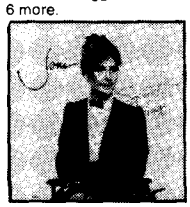

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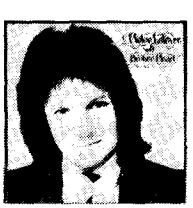

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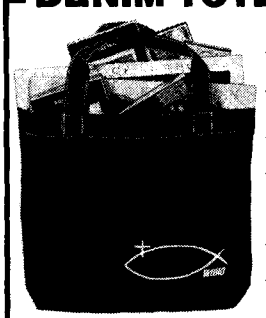

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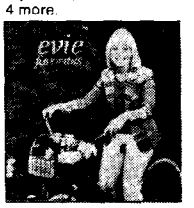

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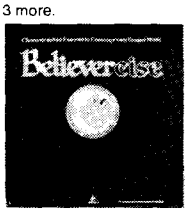

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ON SECOND THOUGHT

A giant wit reflects on minuscule matters, from barking dogs that bite to why he says "Pardon me" when someone knocks him down.

by Andy Rooney

What follows are some notes I made on the backs of a wide variety of pieces of paper over the past few weeks. The ideas struck me as either true or funny when I first put them down.

—They always ask you to use the revolving door, but they don't make them any easier to push.

—You can't sleep late, cut wood, watch football, eat dinner and still finish all the Sunday paper.

—Several times a year I see pictures in a magazine or items in a column from Hollywood about a round bed. Do they make round electric blankets, and where do they keep the Kleenex® ?

—The average American, I read, is growing three-quarters of an inch every 25 years. At that rate, I'll be six feet tall when I'm 210 years old.

—I don't stay to the end of civic meetings at the town hall, because they always end up in an argument about who has the floor and what motion they're voting on. Someone usually moves to table the motion on the floor, and someone else gets up to say you can't move to table a motion, because there's already a motion on the floor. That's when I get lost and leave.

—When someone isn't watching where he's going and bumps into me and almost knocks me off my feet, I almost always say, "Pardon me."

—The newspapers often referred to Kennedy as JFK, to Lyndon Johnson as LBJ, to Roosevelt as FDR and to Truman as HST, but no one ever called Jimmy Carter by the initials JEC, and now I notice no one is using RWR for Ronald Wilson Reagan. What causes this?

—There's nothing people like better than being asked an easy question. For some reason, we're flattered when a stranger asks us where Maple Street is in our own home town and we can tell him.

—It's been my experience that, despite the old saying, barking dogs *are* more apt to bite than dogs that don't bark.

—I'd give $10,000 to have had some of the money I have now back in 1956 when I was dead broke.

—The back of my closet is filled with clothes that I'll be able to wear again just as soon as I lose 10 pounds. On the other side of those on the pole is another, older bunch of clothes. I will be able to wear those again just as soon as I can lose about 20 pounds.

—Farmers always seem to have a lot of big, expensive equipment sitting all around, rusting. Are farmers really poor? How much do those machines cost? Are they paid for? Are they still any good? Why are they out there, rusting?

—When an argument comes up, I usually repeat what I thought yesterday or ten years ago. I don't very often think it through again to decide how I feel about it right now.

—If you wait until you are absolutely certain before you do something, you never do it.

—Johnny Carson is largely a rumor to me. I guess he is good, but I've almost never seen him. We usually go to bed by 11:30 on week nights. I'm always surprised at the high Neilsen ratings they say that late-night television shows get.

—If you would give a calf the homogenized, ultrapasteurized product they sell to humans as milk now, I wonder if it would recognize it as something that came from its mother.

—I'm not very punctual, but I like to keep my watch exactly on time to the second. That way, I know how late I am. Watches, by the way, are better than they were 20 years ago. I hate myself for it, but I've finally given up carrying my great, gold, Hamilton railroad watch in favor of a battery-operated quartz watch. It keeps better time. It's nice to know something is better than it used to be.

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By Alvin Tresselt, Dean of Faculty

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin – to break into print – to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching – and 53 books of my own – I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really like' is an experience you'll never have anywhere else. (In this age of boob tube illiteracy, convenient morality, and plastic values, *do you know of a more important audience?)*

A surprisingly big market

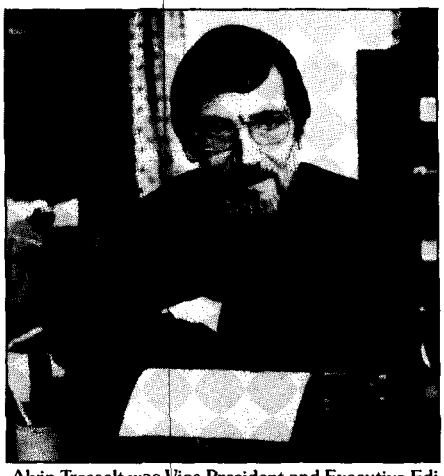
But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

'Am I really qualified?'

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors – all of whom are experienced writers or editors – work more or less the same way.

When you're ready – at your own time and your own pace – you send your assignment to me and I read it and reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would – if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

The proof of the pudding

This method really works. I wouldn't spend five minutes at if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course. Last year we received hundreds of letters like these from successful students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Ore.

"My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

"My instructor's advice was invaluable in plotting, character, motivation, and dialogue. I am most grateful for her personal interest and encouragement. Best of all she helped me understand my own strengths and weaknesses and how to emphasize the first and remedy the second. Better instruction hath no man than this!" Elizabeth Henley, New Cambria, Mo.

'Now...I am a *writer!*'

Marilyn Day of Marissa, Ill. says, "I'm proud of this accomplishment. Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, Cal., writes, "I sent out my first article with a prayer and a hope, and it was accepted. Your Course with its structure and support, has been everything I hoped for and needed."

"When I started this Course, I did not really think that I had the ability to write," writes Sister M. Laetitia Mudde, West Haven, Ct., "But my instructor made me believe in myself."

I have a file full of similar letters. People like yourself so full of pride they could easily convince you that indeed it is a pity more people don't take up writing for children.

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To find qualified men and women with an aptitude for writing, the Faculty and Consultants of The Institute have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you by our staff.

Just mail the coupon below to receive your free Test and 28-page illustrated brochure describing The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll.

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Dear Mr. Tresselt: **V-01**

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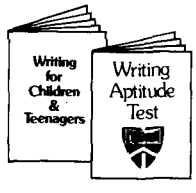

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LOSE WEIGHT PERMANENTLY WITHOUT EVER GOING HUNGRY

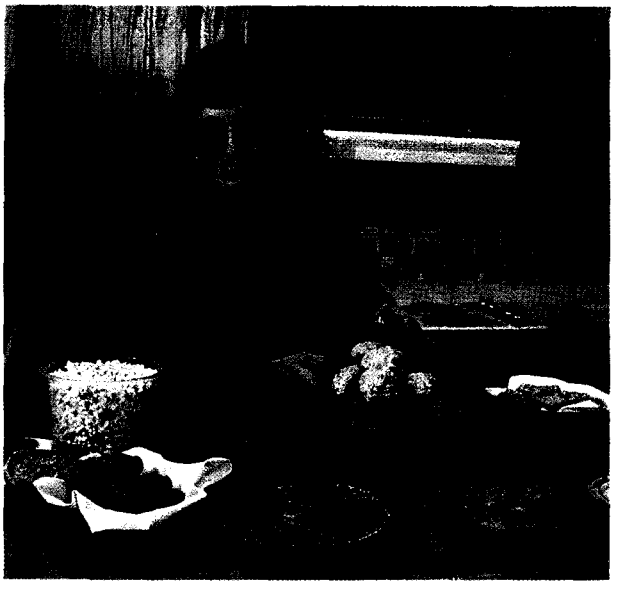
Changing the quality and quantity of carbohydrates you eat can bring you better health and the happiness of a trimmer waistline.

by Cory SerVaas, M.D.

The good news today is that it is possible to lose weight by *adding something to your diet*. How can you make some of the calories you eat go to waste instead of your waist?

What you add to your diet to achieve weight loss, even though you go right on eating all you want, is fiber. The easiest way to get fiber is with unprocessed wheat bran and oat bran. And it works to keep the weight off for your lifetime.

How can you lose weight even though you've consumed too many calories? This flies in the face of everything dieticians have ever taught us, doesn't it? But here's how.



What do bran muffins, cornbread, beans, popcorn and cereal foods have to do with losing weight? Plenty! say complex-carbohydrates researchers at the *Post* kitchens.

How hungry you are usually determines how much food you eat, and therefore how many calories you take into your body. Fiber provides bulk in your digestive tract, which makes you feel satisfied so you tend to eat fewer calories. In addition, the fiber binds some of the calories you *did* eat and carries them out in the stool, providing two separate mechanisms to help you lose weight.

By your eating a high-fiber diet, bile salts are absorbed by the plant fibers. Instead of being digested from your intestine, those cholesterol-filled bile salts and their calories go right on through. *Voila*! In a nutshell, the fiber, fatty acids, cholesterol-filled bile salts and nutrients all become bound together and are less available for digestion and absorption from the intestine into the bloodstream. Happily, they are passed on out, and those undesirable fatty cholesterols are in the stool instead of on your hips or in your blood vessels, where they might cause a condition like that of the million people who have already had coronary bypass surgery in this country alone.

For many years I've been teaching bran habits to busy executives who complain of the paunch they've acquired just below the waistline. They never fail to thank me, and it works. Their paunches disappear when they begin eating unprocessed bran and exercising every day.

Complex carbohydrates give athletes sustained energy, and they'll give you plenty of energy for the aerobic exercises you must do to keep fit and slim. Aerobic exercise also helps you lose weight and decrease the cholesterol plaques in your vessels. It lowers the bad LDL cholesterol and it may raise your brain's output of endorphins, which are morphine-like substances that may increase your feeling of well-being and prevent you from going on an eating binge.

Many exercise converts have told us that, in reflection, their eating binges had occurred in the past when they were tired after a day at the office, and never after vigorous exercise.

Don't be afraid of high-fiber muffins, breads, potato cakes, wheat cakes and corn products while dieting. These high-fiber foods that contain complex carbohydrates will give you a slower release of glucose into your blood and prevent you from going on eating binges caused by peaks and valleys in your blood sugar levels.

The Ultimate High-Fiber Breakfast

⅓ cup Quaker, Arrowhead Mills or Mother's Oat Bran
⅓ cup unprocessed wheat bran
⅓ cup high-lysine cornmeal
2⅔ cup water

This combination will supply you with both the soluble and the insoluble fiber that you need every day.

Add cornmeal to water in heavy saucepan and boil for three minutes. Stir constantly or use a small egg-beater to avoid lumps.

Then gradually add oat bran and unprocessed wheat bran, stirring constantly, to avoid lumps.

Reduce heat and cook for 1 or 2 minutes. Serve hot with skim milk and bananas, fresh or frozen fruit.

Sugar-Free High-Lysine Cornmeal Waffles

1¼ cups whole-wheat pastry flour
½ cup wheat bran

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¼ cup Quaker, Arrowhead Mills or Mother's Oat Bran
½ cup high-lysine cornmeal
2 teaspoons baking powder
½ cup walnuts, chopped (optional)
2 eggs, separated
¼ cup melted butter
1½ cups skim milk

Stir together the dry ingredients. Separate the eggs and beat the whites until they form stiff peaks. Set aside. Beat the yolks together with the melted butter and milk, then stir this mixture into the dry ingredients. Gently fold egg whites into the batter. Spoon into a preheated waffle iron and cook until lightly browned. Serve with fresh fruit and yogurt.

High-Lysine Corn in Green Peppers
(Makes 6 servings)

6 green peppers
¾ cup high-lysine cornmeal
2 cups water
4 tablespoons margarine
4 tablespoons scallions (green onions), chopped
2 tablespoons parsley, chopped
1 cup brown rice, cooked
2 tablespoons plain low-fat yogurt
Pepper and salt substitute (optional)
½ cup farmer cheese, grated

Stir cornmeal into water and microwave for 2 seconds, stir thoroughly and microwave 2 seconds more. Cut off the top quarter of the peppers and carefully remove the fibers and seeds. Place the peppers an inch apart in an oven-serving dish. Cover with plastic wrap and microwave for 4 minutes, turning the dish once. Dice the tops rather coarsely. As soon as the peppers are cooked, remove from the oven. Meanwhile heat the margarine in a small skillet and cook the chopped scallions, using some of the green part, for 3 minutes over gentle heat. Stir in the parsley and cooked rice and mix well. Combine with the diced pepper, yogurt and the cornmeal. Season to taste with salt substitute and pepper. Remove any water from the peppers and stuff with the cornmeal mixture. Microwave 12 minutes, turning the dish every 4 minutes. Sprinkle with cheese and cook 30 seconds or until the cheese melts.

Tomato and Rice Peppers
(Makes 6 servings)

⅓ cup uncooked long-grain white rice
4 fresh whole tomatoes, peeled
6 medium-size green peppers
2 cups cooked chicken, cubed
¼ cup onion, chopped
1 cup unpared zucchini, chopped (about ⅓ pound, 1 small)
2 tablespoons fresh parsley, snipped
¼ teaspoon oregano leaves
⅛ teaspoon pepper
¼ cup unprocessed bran
¼ cup All-Bran®
Tomato sauce (optional)

Chop tomatoes. Cook rice according to package directions, using reserved tomato liquid in place of water. Set aside any remaining reserved tomato liquid. Set aside cooked rice. Cut off tops of peppers and remove seeds. Cook, uncovered, in boiling water for 3 minutes. Drain and set aside. Combine with remaining ingredients, cooked rice and ¼ cup of the reserved tomato liquid and stir

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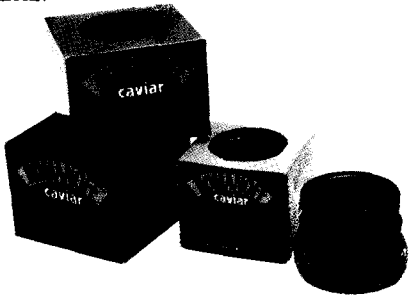

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gently. (Use water, if not enough reserved tomato liquid.) Spoon into peppers. Place in shallow baking dish. Add water just to cover bottom of dish. Cover with glass cover for baking dish or with foil. Bake at 350° F. for 30 minutes. Serve with tomato sauce, if desired. The original recipe called for ½ teaspoon of salt, but we left it out with good results. It also called for ½ cup of All-Bran® or Bran Buds®. We substituted ¼ cup of unprocessed bran and ¼ cup All-Bran®.

Stuffed Eggplant Italiano

(Makes 4 servings)

1 medium-size eggplant (about 1 pound)
⅓ cup All-Bran® cereal (or unprocessed bran)
1 cup fresh mushrooms (2-3 ounces), sliced
¼ cup Parmesan cheese, grated
¼ cup onion, chopped
¼ cup green pepper, finely chopped
2 tablespoons margarine, melted
1 small garlic clove, finely chopped
½ teaspoon basil leaves
Dash pepper
⅓ cup farmer cheese, shredded

Cut eggplant in half, lengthwise. Place halves, cut side down, in shallow baking pan. Bake at 350° F. for 15 minutes. Remove from oven. Cool slightly. Scoop out pulp, leaving ⅛-inch shell. Place shells, cut side up, in baking pan. Coarsely chop pulp. Combine with remaining ingredients except farmer cheese. Fill eggplant shells, pressing firmly. Cover with foil. Pierce foil in several places to allow steam to escape. Bake at 350° F. about 40 minutes or until vegetables are tender. Remove foil and sprinkle with farmer cheese. Bake, uncovered, about 2 minutes longer or until cheese melts. Cut each half in 2 pieces to serve.

Red Caviar on Whole Wheat

Whole-wheat bread, thinly sliced
Rye bread, thinly sliced
1 jar red Romanoff® caviar (4 ounces)
1 teaspoon onion, scraped
1 tablespoon parsley, chopped
½ teaspoon lemon juice

Cut whole-wheat bread and rye bread into rounds. Spread them with margarine. Place the caviar in a small strainer and let cool water run through it for a moment to remove the brine. Combine the caviar with the scraped onion, parsley and lemon juice. Mix well, adding a dash of freshly ground black pepper. The caviar can be placed in a small dish and surrounded on a platter by rounds of bread so that guests will serve themselves, or you can spread the rounds just before the guests arrive.

Bean Stew

(Makes 8-12 servings)

4 cups in any combination of the following beans: adzuki, split peas, lentils, navy beans, baby limas, black-eyed peas or small red beans
2 quarts water
2 cans low-sodium tomato sauce
1 can low-sodium whole tomatoes
3 carrots, chopped
3 stalks of celery with leaves, chopped
2 tablespoons oat bran
2 tablespoons wheat bran
1 tablespoon garlic granules
1 teaspoon oregano
1 teaspoon basil
1 teaspoon marjoram
2 bay leaves (remove after cooking)
3 onions, chopped

Soak beans overnight. Then cover beans with water and cook for 1 hour. Add all remaining ingredients and continue to cook for 2 hours until the beans are tender.

Baked Potatoes Mariner

(Makes 3-4 servings)

1 pound perch fillet
1 onion, sliced
1 bay leaf (remove after cooking)
1 tablespoon parsley
1 teaspoon dried dill
1 cup water
3-4 baked potatoes

Poach the perch with the seasonings for about 15 minutes or until the fish flakes easily. Remove from the pan and flake the fish.

To 2 cups of cheese sauce add:

1 cup lightly steamed peas with ½ cup mushrooms, sliced
¼ cup oat bran
¼ cup green onions, chopped
2 tablespoons lemon juice
¼ teaspoon garlic powder

Stir all ingredients together gently and heat through. Serve over lightly-fluffed baked potatoes.

Vegetable Stroganoff

(Makes 8 servings)

2 cups carrots, sliced

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1 cup green peppers, sliced
3 cups zucchini, sliced
2 cups cauliflower florets
8 ounces spinach noodles or whole-wheat noodles
½ pint plain yogurt
2 tablespoons butter or margarine, melted
White pepper

Mushroom Sauce

½ cup butter or margarine
3 tablespoons unbleached white flour
3 tablespoons whole-wheat flour
2 cups milk
2 cups concentrated vegetable stock
4 tablespoons onion, chopped
½ pound mushrooms, sliced
Nutmeg
Tamari(soy sauce) to taste

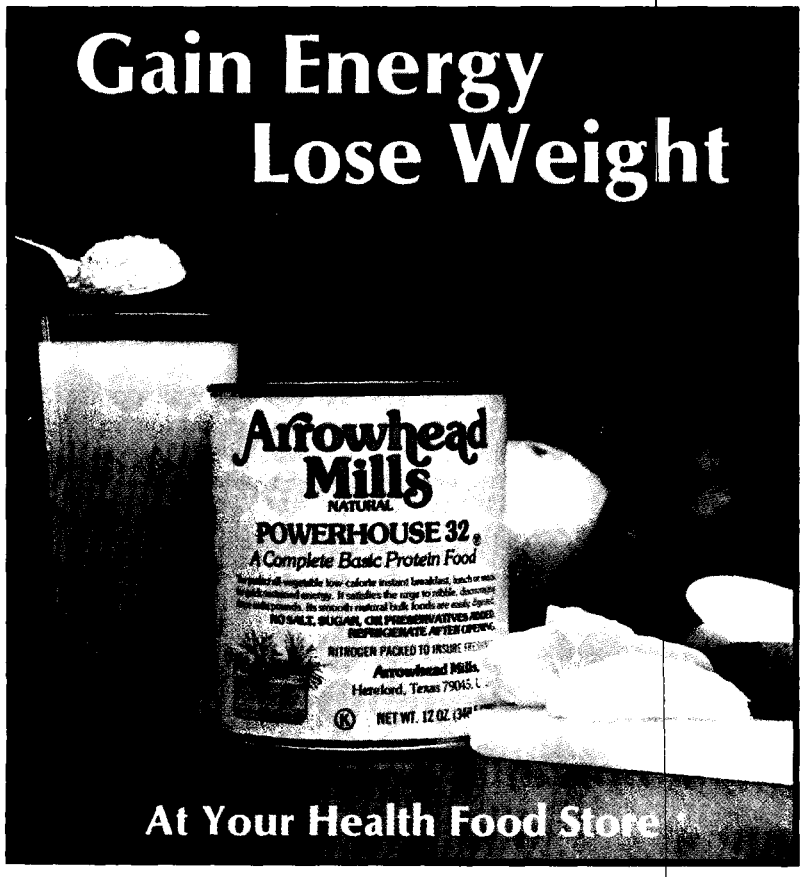
Prepare the vegetables. Wash them well. Slice the carrots and green peppers. Steam them for 10 minutes or just until tender. Slice the zucchini and divide the cauliflower into florets. Steam them for 5 minutes. Drain and reserve the stock. Cook noodles, 6 minutes for the spinach variety, 7 minutes if using the whole wheat variety. Drain the noodles thoroughly and toss with the yogurt, butter and a little white pepper. (Corn oil may be substituted for the butter or margarine.) Prepare the mushroom sauce: heat 4 tablespoons of the margarine. Stir in the flour and cook for 2 minutes over very low heat. Add the milk and vegetable stock and whisk until thickened and smooth. Heat the remaining margarine in a skillet and sauté the chopped onions until tender. Add the mushrooms and stir. Continue cooking until the mushrooms are tender. Combine the sautéed onion and mushrooms with the sauce and season with a dash of nutmeg and tamari to taste. Spread the noodles in an oven-serving dish. Cover with the vegetables and then with the sauce. Bake 30 minutes at 350° F. If the dish is prepared in advance and kept in the refrigerator, allow 50 minutes for baking.

Unprocessed bran is the non-nutritive portion of the wheat that man ate for centuries until shelf life became so important and the bran as well as portions of the wheat germ came out in the milling. Whole grains just don't keep well in the store because weevils or other varmints hatch in the containers.

Natives in "underdeveloped" countries still have the luxury of eating whole-grain breads fresh from the fields daily. Did you ever see a picture of a fat Pygmy? Black Africans were not obese until our Western culture "civilized" them into eating our refined carbohydrates.

Now their populations are learning how to become obese. Unfortunately, they're getting something else they've never had before—*diabetes*—and they don't have hospitals to take care of diabetes and the myriad of other degenerative diseases they've now developed as a result of adopting our "well-balanced" American diets.

I have the rare luxury of being able to view populations and to study their diets firsthand. I've seen the results of the newly adopted fiber-depleted diets in African countries. I've studied the Seventh-day Adventists who eat far more carbohydrates in the form of grains and



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vegetables than the rest of our population.

Not surprisingly, they also have far less obesity, cancer, diabetes, hemorrhoids and cardiovascular diseases than the rest of us. See page 40.

The most successful method of sustained weight loss—and certainly the diet that not only keeps the pounds off, but also helps prevent many degenerative illnesses, even some cancers—is the high-fiber diet.

You can get it from the Seventh-day Adventists if you belong to their faith. If you're a scientist, you might prefer to hear it from Dr. James Anderson, who was a biochemist first and later became a research diabetologist. He discovered a scientific basis for what Dr. Denis Burkitt and his disciples had been preaching all along. Medical missionaries in Africa know that millions of Africans can't be wrong. As long as they maintain their tribal diets, they avoid our Western diseases. When they eat our fiber-depleted carbohydrate foods in Africa, they too develop our diseases.

Christians, missionaries and physicians might prefer to hear the fiber story from Dr. Burkitt. Members of the Christian Medical Association know and respect his work. Oncologists respect him because of his discovery of Burkitt's lymphoma.

Busy executives who have ample monetary resources but very little time to investigate diets might prefer to hear it from Nathan Pritikin, who packages the high-fiber diet/exercise program well and monitors results with numbers. Constant attention to blood pressure and cholesterol levels motivates the visitors to his clinic. In true executive fashion, some get competitive with each other about lowering the LDL cholesterol and raising the HDL components in their blood.

Mr. Pritikin was an engineer and heart-attack victim himself when he set about to educate others because of the victory he won in restoring his own health. His successful business and professional approach to the problem undoubtedly appeals to wealthy executives who can afford to spend nearly $10,000 to take their wives to his California clinic to learn a new lifestyle.

One must recall other dedicated discoverers of the virtues of the high-fiber diet:

In the Book of the Prophet Ezekiel (4:9), the Israelites were instructed to take wheat, barley, beans, lentiles and millet and fitches (an aromatic black seed used as a condiment).

And in Genesis 25:34 Jacob gave his hungry twin brother bread and a pottage of lentiles.

Dr. John Harvey Kellogg believed strongly enough to have instituted the Battle Creek Sanitarium for the Seventh-day Adventists in 1866.

Alas, we are reminded of a saying by our founder, Ben Franklin: "It will amaze you how long a truth is known before it is acted upon."

As an early member of Dr. Burkitt's "fiber gang," I wrote the *Bran and Fiber Better Health Cookbook*. It's just now, ten years later, beginning to catch on.

We have a large flour mill near our offices, and when I visited it, the millers showed me the spouts that spew out tons of the unprocessed bran, which is removed from the flour and hauled off to be mixed in animal food. It is coarse and gray.

The white component of the wheat, fluffy white flour, is bagged for human consumption. Although our mill doesn't sell any of the bran for human consumption, fortunately some mills now do, and it is possible to get this unprocessed wheat bran in all supermarkets. It is no longer found only in cellophane bags. The Quaker Oats Company has started packaging it in a convenient box. This company has also pioneered the marketing of oat bran, which can also be found in a convenient carton under the brand name Mother's Oat Bran®. It is sold through health-food stores and supermarket nutrition centers. If you can't find it, ask your grocer or health-food store to order it. Happily, two other brands are now being marketed—Quaker Oat Bran® and Arrowhead Mills Oat Bran®. They're found in supermarkets and health-food stores.

Bran is the material that you must put *back into* your diet. We've camouflaged a little wheat and oat bran into many of our recipes. Your family won't be able to detect it. We've included main-course dishes that are filling and low in fat.

My husband's favorite cartoon in the *Post* says, "I like to mix a little white wine with my red wine." (page 6) Well, on this diet, for breakfast you want to mix a little unprocessed wheat bran with your oat bran, and we'll tell you why.

Wheat bran is good for constipation and speeding up transit time. It prevents diverticulosis and even cancer of the colon—but it does nothing for lowering the cholesterol level. Water-soluble fiber, as found in oats and beans, is needed to lower cholesterol, and it also lessens some diabetics' insulin requirements—but

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it does nothing for constipation. You need both, and fortunately both help you lose weight.

With fiber, you'll be helping your husband lose weight, but you may also be helping him prevent a coronary, stroke or colon cancer. You might even be keeping him from becoming a diabetic.

Corn is the next frontier for fiber study, and researchers now believe it is a more important fiber source than originally thought to be. Since worldwide more corn is consumed than any other grain—this is good news.

My husband has resurrected another famous *Post* cartoon (page 6) that he quotes often since he's been the guinea pig for weeks of testing high-lysine corn recipes.

We had the biggest hit of the season with the high-lysine waffles when we made them for the editorial offices. High-lysine, Opaque-2 corn is just naturally much sweeter than ordinary corn. We left out the sugar and honey from the recipes, and they were sweet enough to eat without preserves or syrup. We served them with frozen strawberries and blueberries.

High-lysine corn contains more gluten than regular corn, and we've discovered it is great for making skim milk look and pour like cereal cream. Just add three tablespoons of finely sifted high-lysine cornmeal to two cups of skim milk. Simmer slowly while stirring for two or three minutes. Then strain and pour in cream pitcher. It's tasty as a "creamer" for hot beverages, too.

We obtain our high-lysine cornmeal by keeping a bushel of shelled corn handy and grinding it in a coffee mill as we need it. If you have a garden plot, you might want to plant your own high-lysine corn until it becomes easily available.

We are planting our entire garden acreage in this specially bred Purdue high-lysine corn this spring. If you know farmers who have grown it for their livestock, you are in luck. A few bushels will go a long way.

An ordinary Osterizer® blender with a coffee-grinder attachment works fine for the home. If you want to grind your own and can't obtain the shelled corn, let us know and we'll help you get some. Don't grind it too long before you plan to use it; if you *do* need to grind it before storing it, keep it in the freezer or refrigerator. The ground corn meal can get weevils in it if left at room temperature too long.

Those who read the *Post* know that it isn't just because of the fiber content that we are excited about high-lysine corn. Farmers find general improvement in animal health when high-lysine corn is fed, and we believe that this may be occurring because the chemistry of immunity to disease is largely the chemistry of proteins. Lysine is one of the essential amino acids of protein. This means that is not manufactured by our bodies, and it is therefore important that it be consumed in our diets daily. We believe that when a person's lysine nutrition is low or depleted, that person is definitely less resistant to viral infections and has a lowered ability to recover from or develop an immunity to many diseases caused by invading microorganisms.

You may wonder what corn-waffle recipes are doing in an article on weight loss. Waffles are another way to work a variety of grains into the menu without letting breakfasts become boring. You can mix and match to your family's taste and serve them with varieties of fruits. With the high-lysine corn, you can leave out the sugar and honey from any recipe.

Obesity is a bedfellow for many health problems. In their book, *Western Diseases: Their Emergence and Prevention*, Dr. Denis Burkitt and Dr. H. C. Trowell have observed that primitive tribes historically and currently obtain most of their food from plant sources. They document the rarity of obesity in people eating a high-fiber, high-unrefined-carbohydrate, low-fat diet consisting of whole grains, fruits and vegetables, fish and much less meat than the average American eats. Even today, tribes and groups eating such a diet are slim, while "modern" man eating a refined diet has problems with obesity and a variety of related diseases.

The frequency of obesity in our society seems to be caused by a change in the types of energy foods consumed. More than half of the calories eaten by those on "primitive" diets come from high-fiber,

continued on page 106

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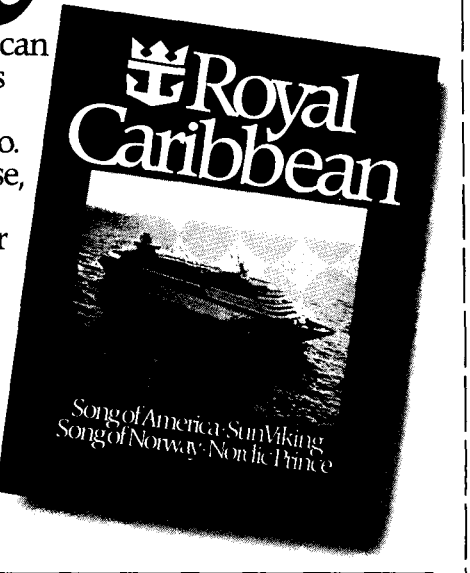

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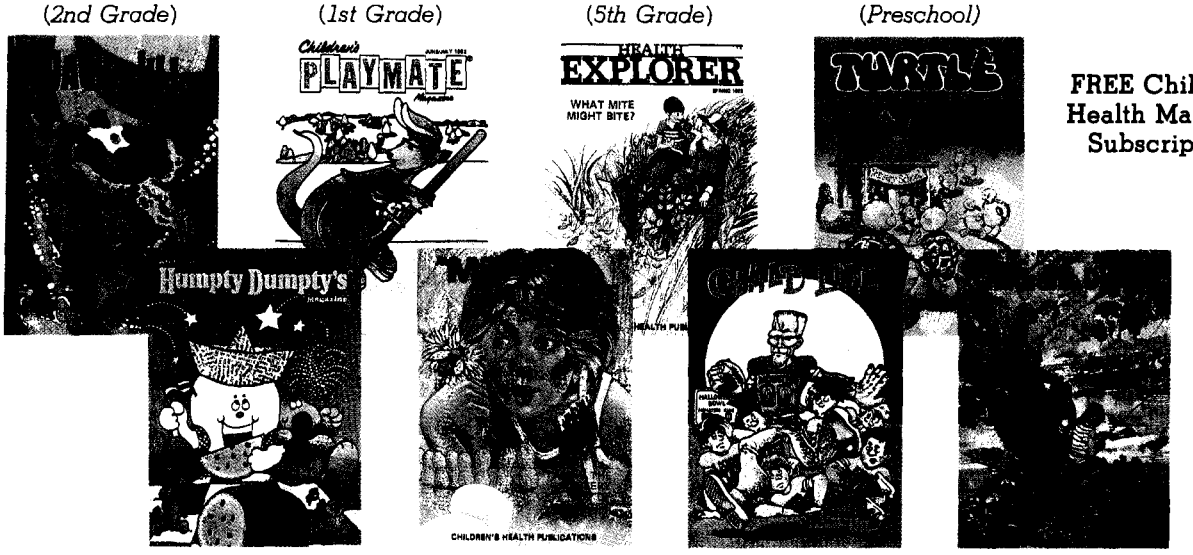

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VETS ON PETS

WHEN GRANDMOTHER CRUSHED THE KITTEN

Confronted by her first critical patient, the young veterinarian was torn between sentiment and the advice of her learned superior.

by H. Ellen White, D.V.M.

Illustrated by Phil Smith

My first job as a veterinarian was with Dr. Cashion, the owner of an enormous small-animal complex in Dallas. While I assisted Dr. Cashion at the central hospital, two other young veterinarians practiced at his outpatient clinics.

A short but dynamic man, Dr. Cashion had more stamina than any individual I'd ever met. His working day started at 7 A.M. and continued to 9 P.M., seven days a week. He knew all his clients by name and never appeared hurried. Each client received his undivided attention, and even if the waiting room was crowded, everyone was willing to wait his turn for Dr. Cashion rather than take a chance with that new female veterinarian.

In the first two days I was called upon to give just one nail trim and two vaccinations. Then, on Wednesday, while Dr. Cashion was at lunch, an emergency case came in. When I entered the exam room, I saw a large, elderly woman clutching a tiny bundle wrapped in a towel. A small girl, wiping tears from her eyes with a tattered Kleenex®, stood beside her. The woman gently placed the bundle on the table and turned to me. "Oh, Doctor, I hope you can do something for our kitten," she said. "I tripped and stepped on her while she was playing in the kitchen."

I felt a moment of panic as I looked at the kitten, a plump, two-month-old calico. It lay prone on the table with its neck stretched back and all four legs rigidly extended. The kitten was cold, obviously in shock. Cradling it in my hands, I rushed into the treatment room where I gave it an injection I hoped would help raise its blood pressure and then started it on intravenous fluids.

I turned to the woman and the girl who had followed me into the treatment room. "She's in bad shape," I said. "We'll first try to treat her for shock, and if she makes it through that, we'll try to determine whether she has permanent nerve damage."

Placing a hand on the girl's shoulder, the woman replied, "I'm Mrs. Murphy and this is my granddaughter Ruth. The kitten belongs to her, and I feel just awful about stepping on it. Please do whatever you can."

As they turned to leave, the girl said, "Her name is Pumpkin," and began crying. I wished that I could say something comforting, but I didn't have much hope for little Pumpkin.

I inserted an oxygen hose into a plastic bag to make a small oxygen tent and placed the kitten into it. When Dr. Cashion returned, he peered in the door with the comment, "That kitten is hopeless; you ought to put it to sleep." But I continued to work with Pumpkin during the afternoon. She was my only patient, and Dr. Cashion was too busy to find other things for me to do. As I left for home that evening, I feared the kitten would be dead the next day.

Later that night in bed, I worried that I hadn't done everything possible for Pumpkin. I worried that Dr. Cashion was right—Pumpkin would remain paralyzed and should have been put to sleep. But the next morning she was still alive and for two days seemed to slowly improve.

Friday, I was encouraged to see her looking alert, her legs no longer stretched out stiffly in front of her. That day Dr. Cashion entered the ward and said, "Mrs. Murphy called to ask about the kitten, so I told her that it has permanent brain damage and should be put out of its misery. She agreed but wants to talk to you first."

I was shocked and disappointed. I knew Dr. Cashion wasn't heartless; after years of observing similar cases, he simply felt the kitten would never fully recover. As I looked down at Pumpkin, I began a debate with myself. If I were to dismiss Dr. Cashion's advice and ask Mrs. Murphy to give us a little more time, would I be building up her hopes and her veterinary bill only to return to her a permanently damaged kitten?

Reluctantly, I moved toward the telephone. I was uncertain what I would say. Ruth answered the telephone.

"This is Dr. White," I said. "May I please speak with your grandmother?"

"It's about Pumpkin, isn't it?" she asked. "Dr. Cashion said that she should be put to sleep." The sound of soft sniffling came over the telephone.

"Your grandmother and I will try to decide what is best," I said with a lump in my throat.

Mrs. Murphy came to the telephone. "What do you think?" she asked. "You've been Pumpkin's doctor from the beginning, and we'd like to know what you think we should do."

I felt a warm glow. Someone had faith in me—regarded me as a real

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doctor. "Mrs. Murphy, Pumpkin's a long way from being fully recovered," I said, "but I feel we still have a chance. She has improved slightly with each day. She doesn't appear to be in pain, so if it's all right with you, let's give her a few more days."

"Oh, I'm glad you feel that way," she said. "If there's any hope, I want to keep trying."

During the weekend, Pumpkin improved even more. She started eating baby food without assistance, so on Monday I was able to release her to the care of Mrs. Murphy. At the end of the week, she called me to say that Pumpkin was doing very well, although the kitten could still not walk or stand unaided.

That was the last time I heard from Mrs. Murphy. In the meantime things were changing for me. Phil, a young veterinarian employed at one of the outpatient clinics, eventually quit to start his own practice, and I took his place. I began seeing more patients, and, busy with the routine of examinations and surgery, I forgot all about Pumpkin and her trauma.

Then about six months later, a woman entered the clinic. In her arms she carried a beautiful, sleek calico cat.

"You don't recognize us, do you," she said. "This is Pumpkin."

I was astonished. The cat was perfect in every way. She showed no signs of the accident.

All this happened 13 years ago, but the lesson it taught me has served me many times in the years since. As I think about the case now, I realize that Pumpkin recovered because her nervous system had not sustained permanent damage. Today, treatments for such cases are certainly much more advanced, and there is even greater likelihood of recovery. However, doctors see so many cases that we begin to feel confident in our ability to make a prognosis. We know what technology can do and what it can't. Pumpkin's case continues to impress upon me that every patient is an individual and each case is different. God is the healer, and we are mere token instruments of that healing. Perhaps He heard a little girl's prayer for Pumpkin.

Questions for the Vet

Dear Dr. White:

Our toy poodle Brigitte loves chocolate and ate five chocolate-covered cherries that were left under the Christmas tree. Now Valentine's Day is approaching; can chocolate be harmful?

Mrs. J. Bushell
Baker, California

Chocolate contains theobromine, a caffeine-related stimulant. This compound can cause urinary incontinence, seizures and death in dogs. Because chocolate is slowly absorbed from the bowel, it can persist in a dog's blood for longer than a day. Therefore, induced vomiting might be indicated in the case of a dog showing the nervous signs of toxicity. In other words, chocolate can be dangerous as well as fattening for your poodle.

Dear Dr. White:

I recently saw the movie *Cujo*, taken from Stephen King's book. In the movie, Cujo, the St. Bernard

continued on page 95

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COOL TIPS ON MICROWAVE COOKING

While some still like it hot, converts from conventional hot-air cooking are making quicker and tastier dishes in their microwave ovens.

by Don White

Once considered "a rich man's toy," the microwave oven has become the hottest-selling, coolest-cooking kitchen appliance ever. In 1983, microwave-oven sales increased by 33 percent, and they're still on the incline. More than 6 million households will receive their first or second microwave ovens sometime this year.

The amazing growth of the microwave industry is good news for the consumer. Virtually all U.S. appliance manufacturers, plus many well-known foreign manufacturers, have their own lines of microwave ovens. This highly competitive battle for your dollar has resulted in an almost unlimited model and feature selection—beginning at prices below $150 and extending to deluxe units with memories, soft-touch controls and even built-in "voices" to tell you what to do next!

Pop onions into a microwave oven for seven to ten minutes, and they come out done to perfection, like the above that are stuffed with mushrooms and peas.

How does a microwave oven differ from a conventional, or convection, oven? Basically, all conventional ovens cook with heated air in the oven cavity and infrared radiation from the bake or broil heating elements. The microwave oven doesn't heat the air in the oven—it heats the food. An electronic transmitter within the oven, called a magnetron, generates high-frequency electromagnetic waves. These waves oscillate at about 2½ billion times a second. When they encounter moisture (found in all food products), they cause the food molecules to oscillate at that same rate. The resulting friction generates heat. The oven stays cool; the food cooks fast.

Trapped within the oven, the microwaves seek out moisture, they bounce off foil and metallic utensils (generally not recommended by microwave-oven manufacturers except in limited and specific cases) and they pass through most glass or ceramic cookware as if it weren't there. Many plastic materials are also suitable as cooking utensils—as are paper plates.

Selecting a microwave-oven model that fits your lifestyle and budget should not be too difficult. Here are a few guidelines you may wish to consider:

First, microwave ovens are rated by "power output." A bottom-of-the-line model may sell for as little as $150. It will generally be rated at 400 to 450 watts output—simply put, it will bake a potato in about six minutes. The larger, more expensive microwave ovens are usually rated at 600 to 700 watts. In "potato talk," that's four minutes per potato (50 percent faster). But remember, if you cook large amounts of food (like six potatoes), that the microwave oven, unlike a conventional oven, will require more time—six times longer or 24 minutes.

Virtually any microwave oven cooks so fast that you'll have to follow recipes accurately. (Leftovers heated in a conventional oven will not be harmed by an additional five minutes or so in the oven, but an extra five minutes in the microwave oven may well result in a cinder rather than a snack!)

Many people still overlook the potential of their microwave ovens as the original cooking source, and use it instead to heat water for instant coffee, melt butter, heat up yesterday's leftovers or prepare a quick TV dinner from the freezer. (It's true that a microwave oven does not give meats the nice, brown appearance that comes only from radiant heat.) There are accessories such as "browning dishes" that sear in the color, special sauces that brown meats and even some microwave ovens (or combination microwave/conventional or convection ovens) that have conventional radiant-heat options to brown meats. Microwave owners will discover a host of microwave cookbooks and thousands of delightful, tasty recipes more easily—and more quickly—prepared in the microwave oven than by any other device.

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Frozen vegetables, especially, are far more nutritious and flavorful when prepared by microwave. Example: You need add only two teaspoons of water to 12 ounces of frozen peas—the flavor and vitamins stay with the peas, instead of being poured down the drain, as in conventional stove-top cooking.

Although the microwave salespeople you contact will explain the features of specific models, here are a few you'll want: A "defrost cycle"—simply indispensable, it makes your freezer food supply as convenient as your refrigerator, regardless of how you prepare the finished dish. If you want the finest results from start-to-finish cooking, you'll also want "variable power levels." If you plan to prepare roasts and other meat dishes in your microwave, a "temperature probe" lets you select the exact inner-meat temperature you want. These are the essentials, after which come the special features, such as: touch controls, built-in memory, digital clock timers, revolving platforms (to turn foods automatically)—even recipe cards that remember your last successful roast turkey and preprogram the microwave for you! As always, you should compare warranties on products. Service calls on *any* appliance are expensive.

And once you get your microwave oven home, sit back and enjoy a baked potato every day for a week. I did!

Stuffed Onions
(Makes 4 servings)

4 large onions, peeled
1 10-oz. package frozen green peas
4 ounces fresh mushrooms, chopped
¼ teaspoon thyme leaves
⅛ teaspoon pepper
2 tablespoons corn-oil margarine
¼ cup hot water
½ teaspoon vegetable broth

Hollow out the center of each onion, leaving ¼-in. thick shell. (Onion centers may be chopped and frozen for later use.) Combine peas, mushrooms, thyme and pepper. Place onion shells in 8" x 8" baking dish and fill each with one-fourth of the pea-and-mushroom stuffing. Dot each onion with ½ tablespoon margarine. Combine water and veg-

"Crispy fried foods, creamy meaty pastas, sauces beautifully herbed and seasoned. This is living, not dieting."
Lynn Redgrave

"If you saw the movie Georgy Girl, you know I have a fat past. I gave up all the things I loved best to become a size 10. Now, because of the superb talents of Weight Watchers, once more I eat chicken fried with just a touch of oil, creamy meaty lasagna, pizza (made with 3 kinds of cheese!) and other deliciousness I thought I'd never taste again. And I'm still a size 10. This is living."

Weight Watchers® Frozen Foods.

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Frozen fish may taste less "fishy" when cooked in a microwave oven. They can be thawed out quickly without becoming broken or dried out. The recommended procedure is to place the fish in a cooking dish and defrost for one-half the recommended time; then turn them over and defrost until fish is pliable but still icy in the center; then let stand five minutes and rinse well.

etable broth. Pour over onions. Cover dish with plastic wrap. Microwave at high 7 to 10 minutes or until tender. Rotate onions once. Baste with cooking liquid. Let stand, covered, 3 minutes.

Mexican Corn Muffins

(Makes 8 to 10 medium muffins)

½ cup unbleached flour
½ cup yellow cornmeal
½ cup frozen whole-kernel corn, thawed
¼ cup green pepper, chopped
1 tablespoon honey
2 teaspoons low-sodium baking powder
½ teaspoon salt substitute
½ teaspoon chili powder
⅓ cup skim milk
1 egg, slightly beaten
¼ cup safflower oil

Line each custard cup or microwave cupcake dish with two paper liners. When microwaving only 3 or 4 muffins in the cupcake dish, alternate cups for even baking. Place all muffin ingredients in bowl. Mix quickly and lightly only until particles are moistened. Fill cups half full. Cups of microwave dishes are small, so don't overfill. Arrange in ring when microwaving 3 or more muffins at a time. Rotate and rearrange after half the time. Remove from cups to wire rack immediately after baking. (Moist spots will dry on standing.) Muffins are the quickest of all breads to microwave. One muffin can be ready in less than 1 minute. Since muffins are best warm, microwave at serving time. Make up muffin batter and have on hand in the refrigerator.

Muffin Chart—High Power
1 muffin 20-40 seconds
2 muffins ½-1½ minutes
4 muffins 1-2½ minutes
6 muffins 2½-4½ minutes

Salmon steaks cook at medium heat at about 10 to 13 minutes per pound. For a family of four, that would be about 25 minutes—as long as anybody could stand to wait for the delicious-looking results above. The fish is kept moist and the flavor kept in by a covering of vented plastic wrap. A basting in lemon juice and margarine provides a gourmet touch.

Brunch Fish

(Makes 4 servings)

1 pound frozen flounder or sole fillets, partially thawed
4 tablespoons lemon juice, divided
Salt substitute and freshly ground pepper
1 large tomato, peeled and diced
1 small, ripe avocado, peeled and diced
2 scallions, sliced
4 slices whole-grain toast
¼ cup low-fat, plain yogurt
½ teaspoon lemon peel, grated
Watercress and lemon wedges for garnish

Microwave: Cut partially thawed fish into 4 portions. Place in 8-inch round glass cake dish. Sprinkle with 2 tablespoons lemon juice and season with salt-substitute and pepper. Mix tomato, avocado, scallions and 1 tablespoon lemon juice. Spoon over fish. Cover tightly with Saran Wrap®, turning back edge to vent. Microwave at 100 percent power 6-8 minutes or until fish flakes easily. Let stand, covered, 5 minutes. Lift fish from baking dish with slotted spatula. Place on toast. Mix low-fat, plain yogurt, lemon peel and remaining 1 tablespoon lemon juice. Spoon over fish. Garnish with watercress and lemon wedges. Serve immediately.

Split Pea Soup

(Makes 6 to 8 servings)

1 quart low-sodium beef broth
1 quart hot water
2 cups (1 lb.) green split peas
1 medium onion, chopped
½ teaspoon basil
¼ teaspoon pepper
1 bay leaf
2 stalks celery, cut into ¼-in. slices, including tops
2 medium carrots, very thinly sliced

Combine water, broth, split

continued on page 95

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If you want relief from minor arthritis pain, do what these people did.

"Aspirin upsets my stomach. So when I heard about Aspercreme, I tried it. It works great." CARRIE RERES

"Aspercreme gets deep down to where I hurt to relieve my arthritis pain." AL CONNOLLY

"Without Aspercreme I would be in constant pain. Some nights I wouldn't get a wink of sleep without it." SHIRLEY NOBLE

"...thank you for developing a cream that relieves my arthritis pain. Aspercreme doesn't burn my skin and make my home smell like a hospital." JULIA McELLISTRIM

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People prone to aspirin or salicylate allergic reactions should consult their physician before using.

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POST SCRIPTS

Hats Off to Homer

Homer Hatfield, an 84-year-old ex-vaudevillian, recently enjoyed a trip to Paris. "Still," he confided, "I wish I'd done it 40 years ago."

"You mean," his friend suggested, "when Paris was really Paris?"

The old performer shook his head. "No, I mean when Hatfield was really Hatfield!"

—Kenneth E. Hall

Small Package—Big Loss

A shopper at the supermarket reported that the $35 of groceries she had purchased about 15 minutes earlier had been stolen from her car.

"Did you have them on the seat or in the trunk?" asked the officer.

"No, of course not. I had them in the glove compartment!"

—Elmer Whittaker

A Hole in Three

When a member of the foursome was stricken with a heart attack several holes from the clubhouse, the other three men gathered him up and finally made it to the clubhouse. After the stricken man had been rushed to the hospital, the three sat in the locker room refreshing themselves. A club member came by and congratulated them on bringing the sick man in.

"Well," one of the men said, "the really tough part was putting poor Bob down and picking him up after each shot."

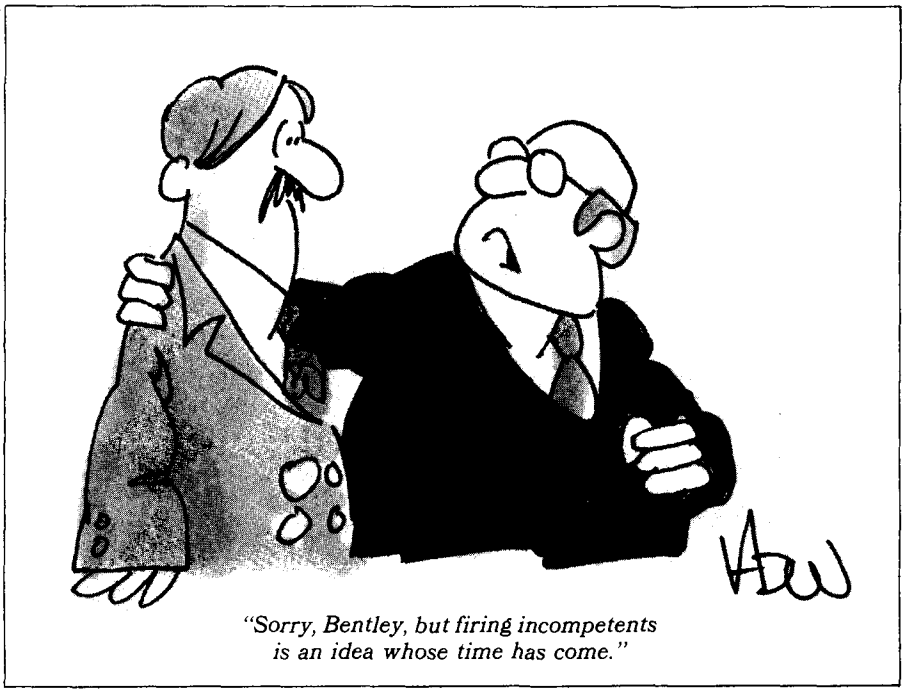
—W.E. Morgan

Honor Among Victims

The clever woman felt she had a foolproof way to keep her diamond necklace safe. She regularly left it on her dresser with the note: "This is only an imitation. The real necklace is stored in a safety box."

Then she returned one day to find the necklace gone and a note in its place. "This necklace will do fine, thank you. I'm just a substitute myself. The regular burglar on this block is on vacation."

—Bill Kreifeldt



"Sorry, Bentley, but firing incompetents is an idea whose time has come."

Ask a Silly Question

A postman complained to a home owner that her dog had bitten him on the leg. "Did you put anything on it?" she asked.

"No," he answered. "He liked it just the way it was."

—Herm Albright

Shave and a Cold Cut

The man in the barbershop was having a shave and manicure at the same time. "How about having dinner with me tonight?" he asked the manicurist.

"Sorry," she replied, "but I'm married."

"Heck, tell your husband you're working late."

"Tell him yourself. He's shaving you."

—A.H. Berzen

Bad Luck, Old Man

Two elderly English gentlemen were lounging in their favorite chairs at the club. One said: "Heard you buried your wife."

"Had to," murmured the other. "Dead, you know."

—Melvin E. Lukenbach

An Uncertain Age

The tourist stepped off the ferry onto the dock at Anchorage, Alaska, during a heavy drizzle of northern rain. Turning to the young native nearby, he asked, "Doesn't it ever stop raining around here?"

The young lad replied, "I don't know, mister. I'm only seven years old."

—E.J. Webb

Try It, You'll Like It

A man named Bill was getting to know a fellow at the resort where both were vacationing.

"How about a game of tennis?" he asked.

"No, thanks," was the reply. "I tried it once and didn't like it."

"How about a game of shuffle-

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board?" Bill then asked the man.

"No, thanks. I tried it once and didn't like it," was his reply.

"Would you care to play a game of handball?" Bill asked.

Again the man replied, "No, thanks. I tried it once and didn't like it. But here comes my son. Perhaps he'll play a game with you." To which Bill responded by saying, "Your only child, I presume."

—Frank D. Horst

Wrestling the Problem

A wrestler on tour spent the evening with friends at the village inn. Despite the urging of his companions that he had had too much to drink, he continued to put it away. When they finally headed for home, he was far from steady.

They took a shortcut across the fields and were immediately accosted by a bull.

Seizing the beast by the horns, the wrestler began to struggle with it, and after a terrible battle, it managed to break loose and flee.

"You're right," the battered wrestler said. "I have had too much to drink. I should have been able to get that fellow off his bicycle."

—R.S. Craggs

He Who Exalts Himself . . .

A friend was driving to a city in the Midwest when he was pulled over for exceeding the speed limit. "I'm from California," he explained. "I'm a good friend of your mayor. Have you ever met him?"

"No," the officer replied. Then he asked: "Do you happen to know our traffic-court judge, too?"

"Sorry, I don't," my friend answered.

"Don't fret," the officer said as he started writing out a citation. "You'll be meeting him shortly."

—Bill Danch

Heinrich Schnibble and the TV Repairman

"Hullo. You the party who called for TV repair?"

"Ach, ja! Ich ben Heinrich Schnibble."

"O.K., what seems to be your trouble?"

"Mein trouble? Dummox, der trouble ist nicht mit meinself! Das schtunken TV ben troublisch."

"Look, friend, all I'm trying to find out is what your TV does wrong. Why did you call us?"

"Ich ben hunten in der newsenpaper und finden das advertisen mit claimen der fixen ist quickisch und der costen ist cheapisch."

"I don't mean why did you call us! I mean why did—Never mind, I'll find the trouble myself."

"Goot! Der piktur ben missen."

"Well, why didn't you say so in—"

"Ist der fixen ben quickisch, ja?"

"It's ben hard to tell yet. Let's just see."

"Ist der costen ben cheapisch?"

"How do I know what der costen is gonna ben? I've just barely turned on the set."

"Ach, du lieber! Das advertisen ist claimen der fixen ist quickisch und der costen—"

"I don't care what das advertisen ist claimen—Say, that's a real good picture you got there!"

"Goot! Ist der fixen ben ober?"

"Why, I ain't never ben starten der fixen yet. When did you first notice der trouble?"

"Mit upgetten und schplatten ein hootenowler mit ein bangenshooter. After der—"

"Mit upgetten und whatten ein whatten?"

"Ein schtunken owler ben hooten outsiden und upwoken meinself late in der nighten. Ich ben loaden der shooter und schplat—"

"I got it! You ben shooten ein hooten—Hey! Is that when der picture ben missen?"

"Ja, ja! After der schplatten, meinself ist upstarten das TV, und der piktur ist nicht appearen."

"Mister, meinself don't think there's ben anything wrong mit das TV. You see—"

"Himmel, donderhead! Ein missen piktur ist wrongisch!"

"It don't ben wrongisch late in der nighten."

"Meinself ist demanden der quickisch fixen!"

"Yourself don't needen der quickisch—Look, when ein owler ist upshooten—I mean, das TV stations don't broadschplatt—Ach—late in der nighten der schtunken piktur ist nicht been hootencast—Himmel! Der fixen ist ober, mister. Mitout costen ein cent!"

—Dave Morrah

Jaws IV

Notice at a Kenyan safari park: Visitors who throw trash into the crocodile pit will be asked to promptly retrieve it.

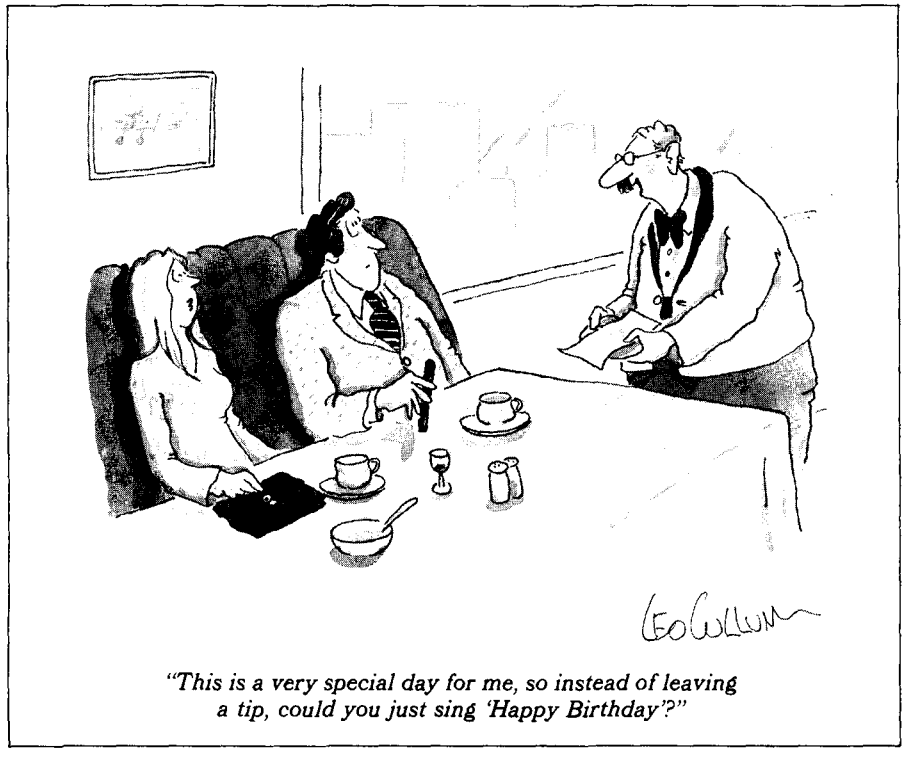
—Martha J. Beckman

Gimme Shelter

A man went to a building-supply center and ordered 100 two-by-fours. "How long do you want them?" asked the clerk.

"A long time," the customer replied. "I'm building a house."

—Lane Olinghouse



"This is a very special day for me, so instead of leaving a tip, could you just sing 'Happy Birthday'?"

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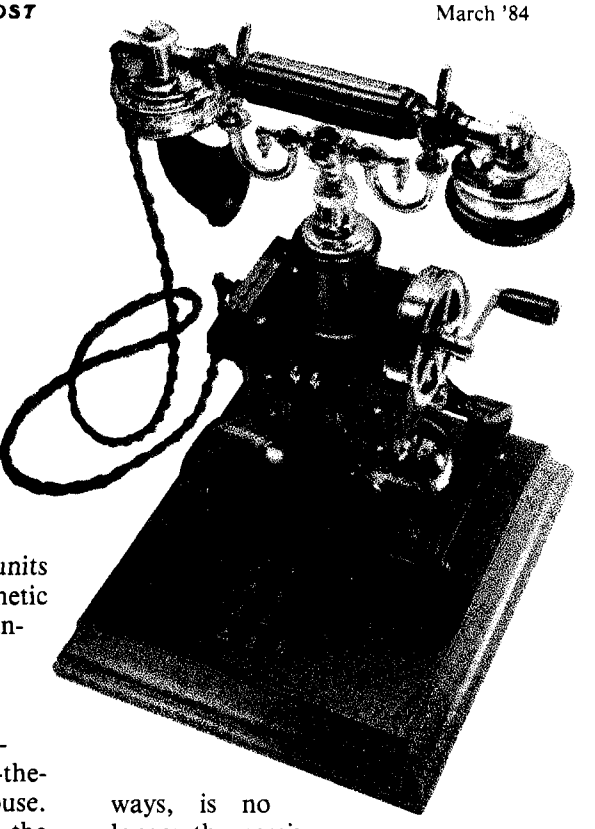
AVOIDING THE HANGUPS AFTER MA BELL

Don't allow unreliable phone services to feed you a line.

by Ted Dyer



In the halcyon days of old, when God ruled heaven and Mickey Mantle roamed center field, acquiring telephone service was gloriously simple. You merely had to contact that monolithic monster known as The Phone Company, and voilá, a telephone repaired free appeared on the wall. Dealing with the American Telephone & Telegraph Co. bureaucracy was often exasperating, and you suspected that AT&T was not the most innovative of organizations; but the phone user was guaranteed womb-to-tomb service and paid one bill to one company for several services.

Nostalgia for these simpler times is doubtless rife among befuddled consumers. Now that the U.S. Department of Justice has rudely jerked America from Ma Bell's all-encompassing embrace—following a seven-year antitrust battle that cost the taxpayer an estimated $15 million—the age of telephone innocence is over. Countless decisions must now be faced: How can burgeoning monthly service rates be contained? Which long-distance service is best? Which is the best phone and what accessories are needed? How is the new equipment installed?

While these questions weigh like albatrosses upon the innovation-weary, high-tech buffs eye the confusion wrought by the breakup of AT&T with glee. No longer must a stodgy phone be tolerated when a rainbow-hued array of goodies awaits at countless phone stores throughout the nation. Now anything is possible. Jet-setters can chit-chat on an astonishing variety of designer phones. Manufacturers offer one-piece, initial-engraved, electronic phones in silver or gold plate; gaudy pedestal phones; and units encased in black onyx or synthetic seashells. The consumer can wander the kitchen while he talks to friends intercom-style on a Darth Vader speaker phone or answer a call by plucking the receiver from the hand of Winnie-the-Pooh, Snoopy or Mickey Mouse. Pac-Man phones, phones for the bathroom and phones with message boards are plentiful. For the spatulate-fingered, there is a phone with giant push buttons. Phones now come with options never before seen outside the office. Automatic redialers and various other computer functions abound, in addition to the option of going cordless.

What we are really seeing is the start of a communications revolution that centers in the phone lines. By using computer commands, your phone will soon be able to activate the air-conditioner to cool the house for your arrival from work or start dinner by turning on the microwave. Sensitive telephone amplifiers will check on the kids during an evening out, and a smoke detector connected with the phone will alert the fire department. The phone, in effect, will become an extension of the computer.

The seven newly created regional phone companies will also get into the act. For example, NYNEX, the new phone company for the Northeast, regards itself as such a good bill collector that it is thinking of performing this service for other businesses. Other phone companies plan to market specialized yellow pages, promote various data-stream services and even enter the cable-television sweepstakes. Your local phone company, which now competes with the new AT&T in many ways, is no longer the passive bill collector of old.

Consumers will suffer from the breakup in many respects. Veins will stand out on consumers' necks when they see their phone bills. Expect your monthly rates to double—or to go higher still if you live in a rural area. The breakup ended a national policy of diverting revenues from long-distance calls in order to subsidize cheap local service. Under the old arrangement, 37 cents of each long-distance dollar underwrote local calls, for an average monthly bill of $11.38. Now both local and long-distance fees will reflect market conditions. The burden of this new pricing will fall hardest on the rural user, because a phone line may support as few as 10 phones in Idaho or as many as 10,000 phones in Los Angeles. The party line, that staple of small-town gossips, may return; and many rural people will find that the increase in rates means that they may not be able to afford phone service at all.

Another unpleasant fact is that residential customers, not businesses, will bear the brunt of these increases. Heavy corporate users will be the favored clients and will therefore have a large say in their own fates. (Besides, corporations can set up private phone systems to bypass local companies.) The new phone companies must show profits and attract capital; their main concern will not be keeping rates within the reach

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of all Americans. The old AT&T was in effect an extension of the government; the new phone companies will be much more like private businesses. The emphasis in the postdivestiture era will be on hi-tech innovation, not on such functions as service, customer relations and economy.

However, we may not feel the full impact of the price crunch for a while. State regulators will fight dogged rear-guard battles and greet rate-increase requests like so many stabbed Caesars. Bills before Congress could create more regulation if phone rates become a hot political issue. But rates will rise regardless, and every company will press regulators to end flat-fee billing for local calls. The time will come when we all pay per call.

You can battle the disturbing hikes in local rates in two ways: by considering one of the new long-distance services (see box) and by buying your own phone. Nearly everyone will recover the cost of a phone purchase in rent saved the first year. And it is a buyer's market. Manufacturers by the hundreds are leaping into the fray while the new AT&T tries to empty warehouses of old stock. In fact, you have probably already heard offers to sell your old equipment. Consider such offers skeptically. Some excellent bargains can be found in the $20 range, but don't pay more unless you are certain your phone is relatively new. Most of the old AT&T products have been reconditioned. And obtaining the color or style of your choice will be difficult while old stocks are emptied of the predivestiture manufactures.

Furthermore, don't be in any rush to head straight to the American Bell store. Although Bell has been making phones for years, remember that until recently this new AT&T subsidiary did not compete in the marketplace. Until the new AT&T defines its corporate identity, it may be at a competitive disadvantage. Besides, the internal workings of phones made by quality manufacturers differ little. Shop around for your best buy.

The market is awash with so many phones at so many prices, the availability of which varies according to location, it is difficult to present specific price guidelines. But in general, you should be able to buy a quality product for $50 to $100. Beware of units in the $20 range. Although they make excellent extensions or spares, the cheapies—some one-piece plastic units sell for as little as $10—are simply not durable enough. How often do you drop your phone? Besides, most foreign makers of cheap phones will be out of the market a year from now. It's best to stick with name brands and reputable dealers.

"There is a lot of price gouging and prostitution of the product going on right now," says Karl Berger, owner of the ten-year-old Telephone Warehouse of Georgetown in Washington, D.C. "The whole industry is crazy right now, and 90 percent of the stuff out there isn't worth owning. It's going to be a let-the-buyer-beware year. Buy a phone from somebody who will take care of you."

The critical thing to note while shopping is the dialing system. There are two kinds: pulse dialing, which interrupts a steady signal much like the old Morse code and commonly uses a rotary dial; and touch-tone dialing, which employs a series of electronic pitches and never comes with a rotary dial. Be absolutely certain to get tone dialing. It costs more, but without it you can not perform computer functions or use any of the new long-distance services. Beware of phones trumpeted as "universal dial." They are merely rotary phones masquerading as touch-tones—meaning that dialing on them is no improvement over the standard rotary. Certain models, however, such as the Radio Shack DuoFone-140 ($100), switch from pulse to tone dialing.

Another consideration is warranty and repair. A one-year warranty is available in most quality lines, and do not accept anything less than 90 days. Also, make sure you can bring your phone back to the dealer, who either repairs it there or sends it to the factory. Those who repair locally or regionally offer faster service, and dealing with a human being eager to keep you as a customer is more reassuring than mailing direct to the factory. Be sure to inquire about repair costs and check to see if your shop provides loaners. If you buy an exotic designer model, be sure that certain parts are available and that your phone can be used by the hearing-impaired. Finally, test your new phone with an actual call before buying it to see if the ring is

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Long-distance telephone calling, like the rest of phone service, was once a simple matter. But now that consumers need to offset the significant rise in local rates, it will be necessary to consider and evaluate the new—and much cheaper—long-distance services.

Subscribing usually involves no more than a toll-free call. The numbers for the various companies are listed in your directory. The company will take a minimal amount of information before it mails you a local access number connecting you with a computer-controlled network, as well as a six- or seven-digit personal authorization code, which tells the computer whom to bill. To make a long-distance call, dial the seven-digit local access number, and after a ring or two you'll get a computer tone. This tone is the signal to punch in your authorization code. You then dial the area code and phone number, just as you did with AT&T.

There are some things to consider, however. If the number you call is busy, you still pay for the access call unless your plan allows for unlimited dialing. And if you live in the suburbs or a rural area, the local call to the computer may not be local, in which case you'll incur a charge. If access calls are toll calls, the new long-distance services may not be for you.

Because of the numbing array of services available, the best plan is difficult to select. Here are some guidelines:

- If you are not a heavy long-distance user, avoid services charging $10 monthly fees, which eat up what you save by leaving AT&T. Avoid minimum-usage fees as well. Stick with the plans that charge a minimum fee of only $5 per month or nothing at all.
- If you don't need to make long-distance calls during business hours, your bill can be much smaller. Heavy users should consider ITT Niteline. Instead of being charged by the minute, you pay a flat rate for a block of time or a $16 minimum-usage fee. Infrequent users might be happier with Western Union's Off-Peak Metrofone, which offers competitive evening rates and a $10 minimum. Another

continued on following page

agreeable and all functions work as advertised. Make sure you can return the model in the event it doesn't work at home.

Berger says service should be the primary concern for consumers, because the market is clogged with fly-by-night companies. "The phone market right now is like a big gold mine during a gold rush; it's full of miners out to make a quick buck," says Berger. "The new manufacturers are not taking time to set up repair networks or making sure that replacement parts are available. If you buy a $100 phone at a drug store and lose the owner's manual, when the thing breaks down you might as well throw it in the garbage. Go to a place that will take care of you, or buy yourself a $10 phone and throw it away if it breaks." Besides your locating a reputable dealer, Berger advises purchasing a quality phone. In no particular order, he recommends the models made by Panasonic, Western Electric, ITT, Northern Telecom, Comdial (Stromberg-Carlson's new name) and certain Sanyo models.

Service is especially important if you purchase one of the new cordless models, which are all the rage.

continued on following page

Company and plan	Rates for a 10-minute call from Los Angeles to New York			Monthly service charge	Number of metropolitan areas served
	Day (8 a.m.-5 p.m.)	Evening (5 p.m.-11 p.m.)	Night-weekend (11 p.m.-8 a.m.)		
AT&T: Direct Dial	$5.30	$3.23	$2.15	none	all
MCI: Full Time	$4.30	$2.10	$1.70	$10	364
MCI: SuperSaver	unavailable weekdays	$2.10	$1.70	$5	364
MCI: Basic Service	$4.40	$2.60	$1.80	$10 one-time hook-up fee	364
Combined Network Allnet	$3.48	$1.60	$1.25	$5 plus $7.50 hook-up	53
ITT: Business Service	$4.36	$2.83	$2.05/$1.48 weekends	$10	115
ITT Consumer Service	$4.86	$1.94	$1.46	$5	115
ITT Niteline	unavailable weekdays	flat rate charge: $16 for the first two hours; $4 for each additional half-hour		$16 minimum usage fee	115
GTE Business Sprint	$4.32	$2.00	$1.56	$10	280
GTE Home Sprint	$4.80	$2.00	$1.56	$5	280
Western Union 24-hour MetroFone	$4.30	$2.00	$1.55	$10	113
Western Union Off-Peak MetroFone	unavailable weekdays	$2.00	$1.55	$10 minimum usage	113

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Sponsor a Child for Only $10 a Month.

At last! Here is a $10 sponsorship program for Americans who are unable to send $16, $18, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $10 a month you will receive:

...a photograph of the child you are helping.

...a special sponsorship folder with the case history of the child.

...a description of the country where your child lives.

...a quarterly progress report about your child's community from the field worker.

And you will receive at least two personal letters a year from your child.

All this for only $10 a month?

Yes—because the Holy Land Christian Mission International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Mission International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$10 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $10 a month will help provide so much:

...emergency food, clothing and medical care.

...a chance to attend school.

...help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $10 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $10 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

3-year-old Michelle was abandoned by her father. Soon after, her mother was forced to leave her in order to find work. She now lives with her grandmother in a hut with dirt floors and a grass roof.

K2Q

Holy Land Christian **Mission International**
Attn: Joseph Gripkey, President
2000 East Red Bridge Road
Box 55, Kansas City, Missouri 64141

☐ Yes, I wish to sponsor a child. Enclosed is my first payment of $10. Please assign me a ☐ Boy ☐ Girl
Country preference: ☐ India ☐ The Philippines ☐ Chile ☐ Honduras ☐ Colombia ☐ Guatemala ☐ Thailand ☐ Africa ☐ The Holy Land ☐ Dominican Republic

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of _____.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

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Cordless units work like walkie-talkies. You can roam the room with receiver in hand or talk while working outside. Prices vary widely, depending on the range and features desired. Bear in mind that most cordless phones have an echo. They also pick up background noise, and hilly terrain tends to shorten their range. If you live by an airport or radio station, chances are you will get no reception. A security code is necessary to prevent neighbors from using your number. Unless cordless models have totally captured your fancy, wait a few years until truly portable phones hit the market in affordable models.

Although certain features such as going cordless may turn out to be fraught with difficulties, many functions are desirable:

- Last-number redial is a blessing. Remember calling that socked-in airport again and again during the holidays? Another interesting use for last-number redial is predialing the number at which the baby sitter can reach you.
- Automatic calling is another desirable feature. Quality phones should provide limited memory capacity and enable you to save countless key strokes by programming a single button to dial your most commonly used numbers. But make sure each button holds at least 11 digits, the number needed for a standard long-distance call, or 15 if you call overseas regularly.
- Speaker phones are another handy feature, because they allow you to talk when your hands are busy. They also make conference-style calls possible and thereby eliminate the need for several extensions in the same room.
- Another item deserving consideration, especially if you plan extensive use of a new long-distance service, is a separate unit called an automatic dialer. Costs range from $30 to $150, depending on memory capacity. You may not think the dialer's 25 to 30 memory units are needed until you draw up a list of frequently made calls. You will definitely use the memory space when you dial on one of the new long-distance services, because the numbers used can be 25 digits long. Both auto-dialers and automatic calling spare you repunching an entire call just because of a mistake on the last digit. Make sure your unit can handle the 25-digit calls and inquire to see if it has the chaining capacity to string together two or three memory slots for special commands. Because all memory chips are fragile, a back-up battery is necessary to preserve your programming during a power failure.

Many other features on automatic dialers are not necessary but are most convenient. On-hook dialing is a pleasure because your machine can be dialing a busy number at 30-second intervals while you do other chores; when you hear over the speaker that the connection has been made, just pick up the receiver. Number displays are also desirable to check digit accuracy for both calling and programming. Digital clocks are another plus, and many combination-feature phones offer timers for the garrulous. Phone packages also include such items as AM/FM clock radios and answering machines. But the teenage lock-out has not yet made its appearance.

Once the big purchase has been made, only one consideration remains: installation. Your phone company will be happy to install your phone, but by no means will the service be free. It's best to face the fact that you have a do-it-yourself project on your hands. Actually, the procedure is not difficult, and phone stores carry an abundance of illustrated how-to books and pamphlets that can lead the neophyte through the complications of the subject.

First, determine if you have modular jacks, which are single-unit, snap-in plugs that connect your phone to the rest of the world's phones. If you're already modular, just snap in your new phone. If not, you need to convert—simply a matter of removing the old connector housing and attaching the wires to a modular housing. The wires are color-coded and present little danger of a shock, because current flow is low. A screwdriver and possibly a wire tool are all the equipment needed to do the job.

Next, check the front of your directory to make sure you are not "renting" extension wires from the phone company. Install your own extension wires rather than using the phone company's; it is very likely that local phone service will be expensive in the new era, and hidden costs must be ferreted out and eliminated to sufficiently whittle away at expenses.

Finally, you must report your phone's "ring equivalency number" to the phone company. This information is in the owner's manual or on the phone itself and is needed by the phone company to make sure there is enough power on your line to ring all the extension phones properly. Phones draw varying amounts of current, but generally you can maintain up to five phones on a single line.

Once your new phone has been installed and you have alerted the phone company, congratulations are in order. You have just entered the new era in communications.

possibility is MCI's Basic Service, which costs $15 monthly.

- If you call during business hours, Combined Network Allnet offers the best prices. Allnet and ITT's Consumer Service are the only plans that offer 24-hour service for $5 per month; the others charge $10. Allnet's day rates are considerably lower than ITT's, and it is the only company to bill in six-second units, much smaller than the other companies'. This means that on a one-minute-and-one-second call from Los Angeles to New York, that extra second will cost 4 cents with Allnet. Compare, for example, that price to the 42 to 50 cents other companies would charge—as if you had actually used more than one second of the second minute. However, Allnet (and only one other plan) has a $7.50 hook-up charge, and it serves only about half the cities that ITT does.
- If you call from out of town or have a child in college who calls collect, you would be wise to consider ITT or GTE Sprint plans. They charge only regular rates if calls originate from a city they serve—you dial that city's local access number. Western Union provides a similar service for $3 extra per month. The amount of money you save can be considerable over the cost of operator-assisted or credit-card calls with AT&T.

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- *Do You Have a Minute to Lower Your Blood Pressure?*
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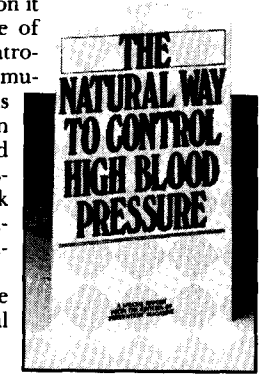

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A CHURCH WHOSE MEMBERS HAVE LESS CANCER

Seventh-day Adventists ate only low-fat, unrefined foods long before words like "cholesterol" and "polyunsaturated" hit the dictionaries. Recent studies prove conclusively that their diet habits lessen their cancer incidence and increase their longevity.

by John Cook

Probably no religious movement, ancient or modern, has put greater emphasis on diet and nutrition than the Seventh-day Adventist Church.

It has done so almost from the beginning. Long before nutrition achieved the status of a full-fledged science, an extraordinary woman named Ellen G. White was instructing Seventh-day Adventists in the basic concepts of healthful living.

It wasn't merely that she denounced the use of alcohol and addictive drugs. Or that she wrote, more than 70 years ago, that tobacco is a "slow, insidious, but most malignant poison." Many other people suspected as much. More remarkable were her insistence on a well-balanced diet, before the phrase was even invented; her emphasis on natural foods in season whenever possible, long before anyone was aware of the destructive effects of preservation; her denunciation of meat, especially animal fat, a century before "cholesterol" and "polyunsaturated" found their way into dictionaries; and her rejection of refined foods, particularly flour and sugar, before scientists even suspected there were such things as "vitamins" that could be destroyed in the refining process.

She was, in short, what people would call a natural-food enthusiast. And the good effects of her tireless evangelism have spread throughout the world.

In a sense, Ellen G. White was not the founder of the Seventh-day Adventist Church. But in another sense she most assuredly was.

In the early part of the 19th century many parts of the Christian world, and especially America, underwent a rather sudden awareness of the ancient prophecies about the Second Coming of Christ.

The church's health-food companies supply high-fiber and protein products for its supermarket shelves. (Below) The neonatal ward is part of the 140-bed Silvestre Adventist Hospital in Rio de Janeiro, Brazil.

These believers in the imminent Second Advent of Christ were called Adventists. One of them, William Miller, concluded after a careful study of biblical prophecy that Christ would return to earth on October 22, 1844. Despite the disappointment when the appointed day came and went, many of the "Millerites" remained faithful and continued to meet in small groups to study the Bible and to pray.

Among them was Ellen G. Harmon, born in Gorham, Maine, 17 years earlier. In December of 1844, during a small gathering of Adventists in the home of a member in South Portland, Maine, Ellen Harmon had her first vision. It convinced her and others present that the work was true and must be carried on. The vision was the first of the

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innumerable prophetic visions through which Ellen Harmon—who became Mrs. James White—guided the organization and growth of the Seventh-day Adventist Church.

While Ellen Harmon was in the third grade, someone threw a rock and gashed her head. She almost bled to death, and for days her family feared for her survival. She never went back to public school, and her health was precarious during much of her life. But by the time she died, in 1915 at the age of 88 in St. Helena, California, she had written 53 full-length books on every subject that could conceivably concern the church, more than 5,000 articles and reams of letters of encouragement and instruction to individuals.

In the archives at church headquarters in Washington, D.C., are 100,000 handwritten pages of her counsels, her visions and her prophecies—roughly 25 million words.

And her books have sold in the tens of millions, making her one of the best-selling and most prolific authors of all time. Just one book, *Steps to Christ*, has sold more than 10 million copies and has been translated into 80 languages.

She inspired and directed the beginning of a vast network of missions, schools and colleges, hospitals, clinics and dispensaries in all parts of medicine at Loma Linda University, 60 miles east of Los Angeles. And she ceaselessly exhorted the church to emphasize health and diet reform.

In 1863, Ellen White saw the vision that still forms the core of Adventist diet and health. The event is often referred to as the "Otsego vision" because it came in the home of some Adventists whom she was visiting in Otsego, Michigan.

Mrs. White disclosed details of the vision over a period of years, while emphasizing that health reform had to be a gradual thing. Often when presenting a principle of diet and health, she would preface or intersperse her instructions with "I have been shown . . . "

And many of her pronouncements have an almost eerily contemporary ring to them:

It is wrong to eat merely to gratify the appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen and prepared with intelligence and skill.

Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.

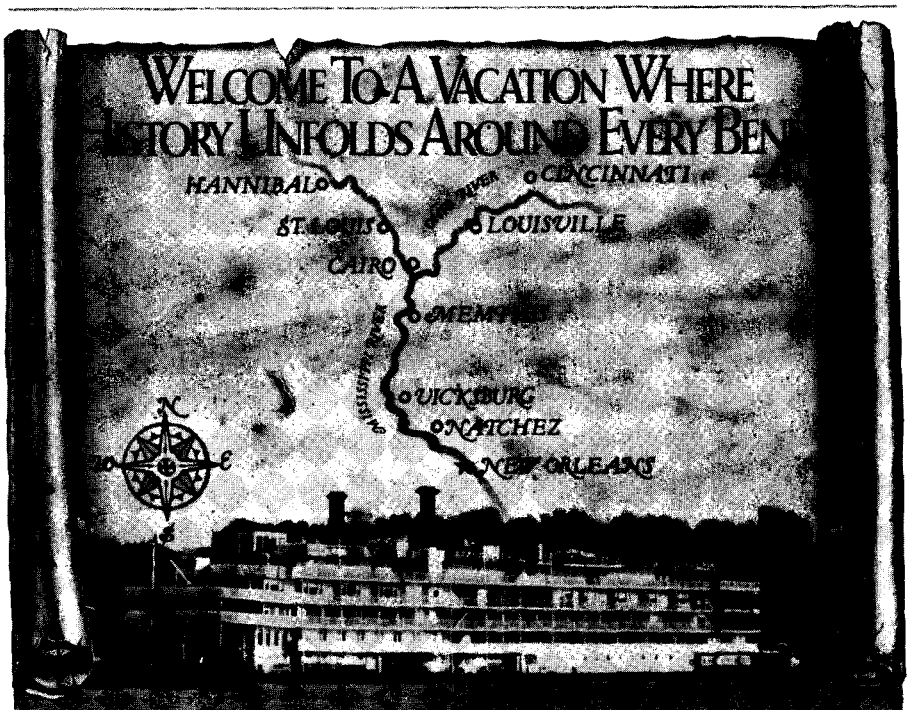
For use in bread making, the superfine flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use!

In the same year of 1863 the headquarters of the church were established in Battle Creek, Michigan. The first Adventist medical institution was established there. At first it was called the Western Health Reform Institute, and then simply the Battle Creek Sanitarium.

Basically, the Adventists follow the instructions in Leviticus concerning clean and unclean food. Pork is forbidden, as are shellfish and the flesh of predators. Adventists also abstain from alcohol, tobacco and harmful drugs, including the drugs in coffee and tea. And many of the members do not eat meat. Most of those who eat meat, eat it only sparingly.

Mrs. White's position was that God established man's diet when He put him in the Garden of Eden. There was no death there, no killing and therefore no meat. There were



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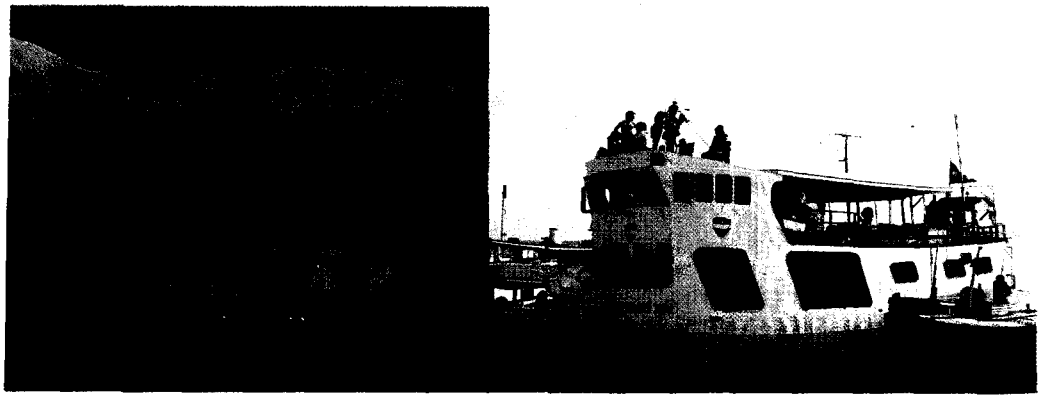

Loma Linda University Medical Center, Loma Linda, California, serves as the educational heart of Seventh-day Adventist health care worldwide. The Luzeiro 14, docked in Manaus, Brazil, is one of 15 launches that provide medical care along 1,000 miles of the Amazon River.

Seventh-day Adventists: Food for Thought

Although many Christian denominations are eager to tell people who they are, Seventh-day Adventists start out by explaining who they are not. They are not Jehovah's Witnesses, Mormons, Pentecostals, Seventh-day Baptists or Davidian Seventh-day Adventists—or any of the other denominations with which they have often been confused.

They are, however—and the rumor to the effect is correct—the healthiest group of people in the country: a direct result, they believe, of their doctrine, which is "first to give attention to the physical needs of men and then to provide spiritual aid, believing that body, mind and spirit are inextricably knit together."

Adventist doctrine bans smoking, drinking and eating pork. Although the church does not require members to become vegetarians, it does recommend they do, and 50 percent of members are practicing vegetarians. The result is that Adventists have supplied the world with some rather impressive medical statistics: Male Seventh-day Adventists aged 35 to 40 have a 6.2-year longer life expectancy on the average than the general population, says Dr. John Scharffenberg, professor of nutrition at the Seventh-day Adventist-founded Loma Linda University. Female members have a 3.1-year greater life expectancy.

"About half of this is due to the fact that they do not smoke," says Dr. Scharffenberg. "The other half is primarily related to diet.

"This increase in life expectancy is considerable," he says, "since, for that age group as a whole, there hasn't been that much of an increase since 1900."

Although these statistics come from a group only half of whom are vegetarians, Dr. Scharffenberg speculates the life expectancy would shoot up to nine or ten years above the norm were all Adventists in the survey to give up meat and other high-cholesterol foods.

Male subjects 55 and over who eat meat six times a week or more are twice as likely to die of heart attacks as are vegetarian men, as shown by surveys. Such findings, Dr. Scharffenberg says, have led some Loma Linda University faculty members

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just wholesome fruits and vegetables, nuts and berries and grains. After her vision in 1863 she became deeply suspicious of rich, spicy foods, heavy desserts and the overuse of butter and cheese.

She also became suspicious of the widespread and careless use of poisonous drugs by many doctors of the day, and at the Battle Creek Sanitarium the "true remedies" were pure air, sunlight, abstemiousness, rest, exercise, proper diet, pure water and faith in the healing power of God. By 1903, when church headquarters moved to Washington, D.C., the sanitarium was the largest and best-equipped health institution in the world.

Its medical superintendent was Dr. John Harvey Kellogg. He and his brother, W. K. Kellogg, gave the world cornflakes—the latter man starting the breakfast-cereal industry.

The Seventh-day Adventist Church has long been in the health-food industry. Today this industry includes 15 companies operating under the auspices of the church, including the biggest, Loma Linda Foods, Arlington, California.

So insistent was Ellen G. White on the subject of health reform that instruction on diet and the prepara-

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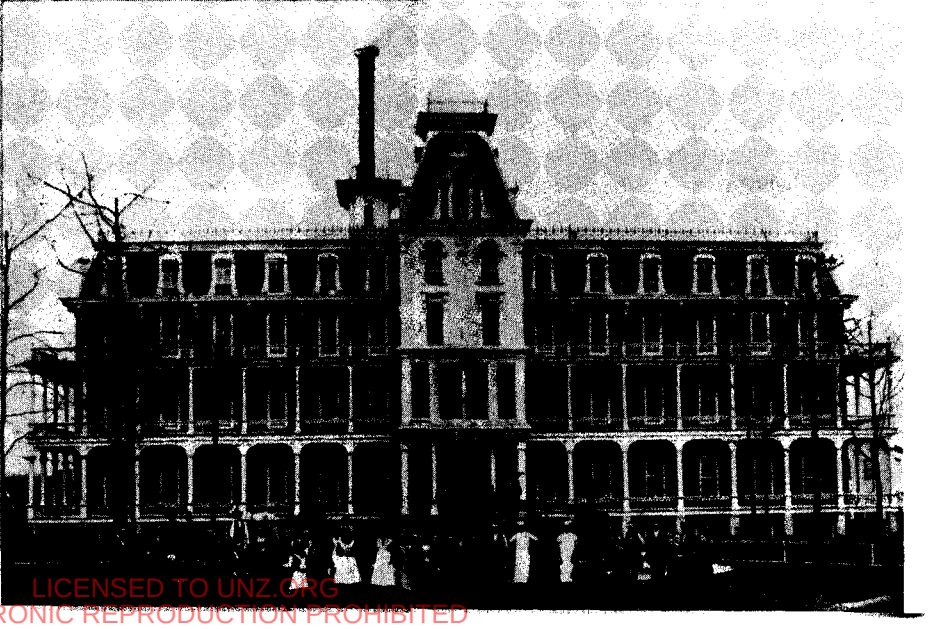
Adventists opened their first hospital in Battle Creek, Michigan, in 1866. Dr. J.H. Kellogg was an early superintendent.



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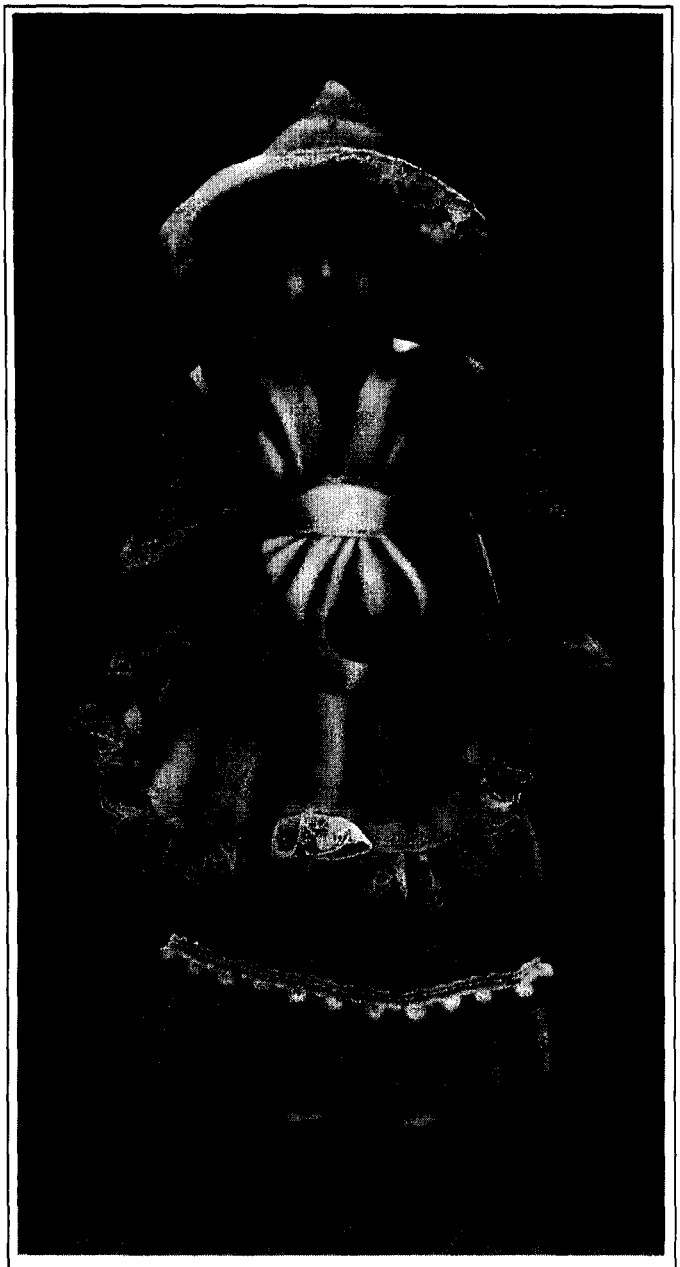

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CABLE TV'S TED TURNER: SPIRITED SKIPPER OF CNN

. . .takes his turn at answering questions about Cable Network News, sports, war, abortion, ecology, Atlanta and his plans for the future.

by Maynard Good Stoddard

The question had been: "Given your choice of anyone in history, what person would you most like to be?"

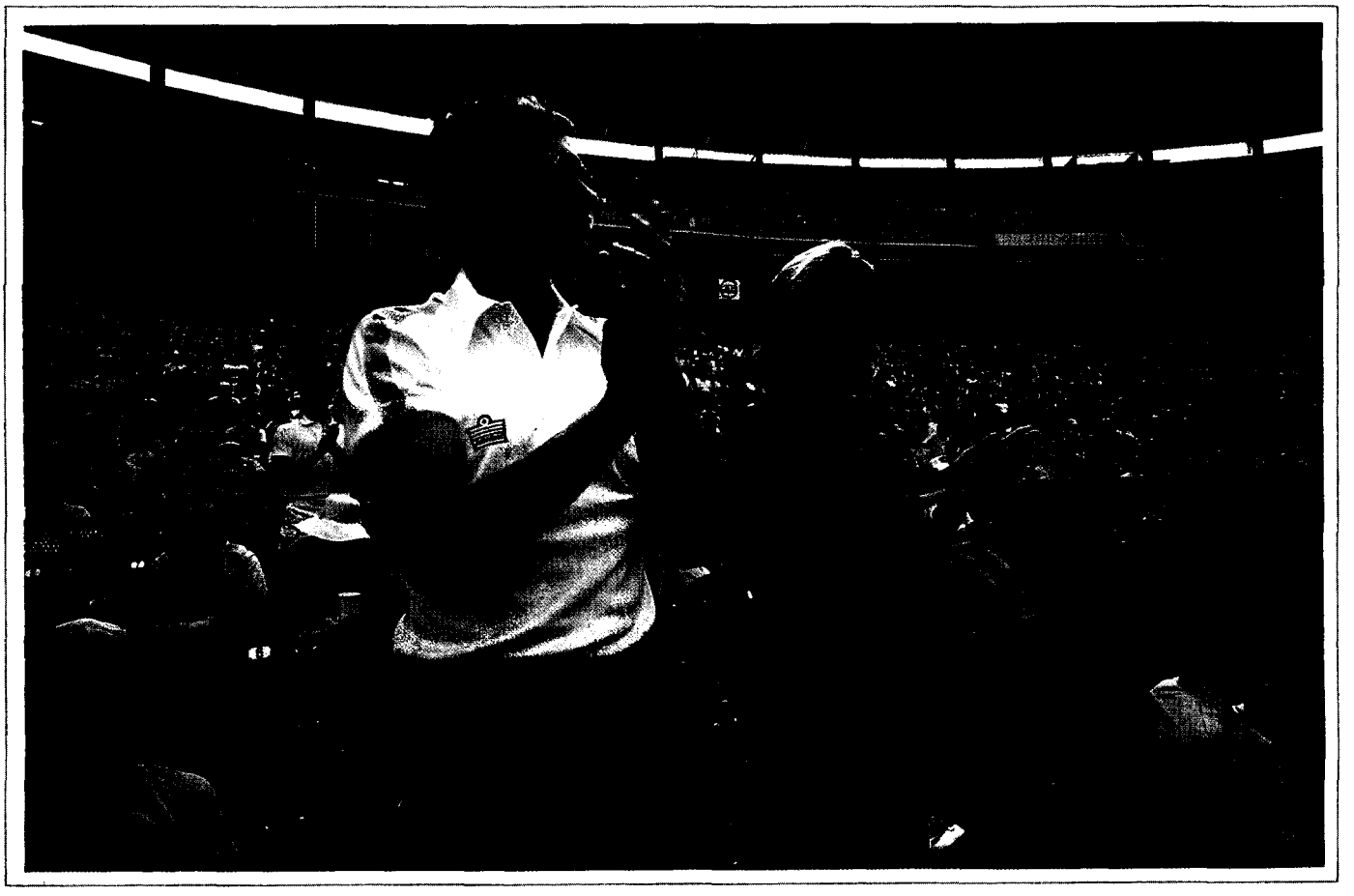
Obviously enjoying himself for the first time since the interview began, Ted Turner settled his athletic, 182-pound body comfortably into his chair at the airport lounge. "Who in history would I most like to be? That's easy. Ted Turner."

"You mean there's no one in all of history you'd rather be?"

"No. I'm in history, and I like myself. I wouldn't want to be anyone else."

In his 44 turbulent years, Robert Edward Turner III has successfully defended the Americas Cup as skipper of the yacht *Courageous*, he has become owner of the Atlanta Braves baseball team and the Atlanta Hawks basketball team and he has been cable television's most innovative owner and enthusiastic supporter. Who would trade that to be Elvis Presley, J. Paul Getty or Julius Caesar?

Turner's approach to success has been straightforward: he came, saw and conquered. He purchased the UHF television station Channel 17, Atlanta, Georgia, in 1970. By merging the then Turner Communications Corporation with Rice Broadcasting, he gained control of the TV outlet, which became WTCG, flagship station of the Turner Communications Group. Realizing that programming there could be made available to America's millions through a cable-satellite system, Turner originated WTBS, pioneer of the superstation concept, whose signal is beamed via satellite to more TV households than any other cable station's. It is projected that by 1990 his broadcasts will bring the best in



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movies, sports, entertainment and news, 24 hours a day, to 81 million homes throughout the 50 states, Puerto Rico and the Virgin Islands.

When Satellite News Channels first went on the air, officials of the cable-TV services predicted that they would soon put Ted Turner's rival Cable News Network out of business. But David conquered Goliath by putting a checkbook into his sling, buying out SNC for $25 million in October '83. Said a spokesman for a Nashville securities firm, "Now Turner is the only game in town."

But any alert schoolboy may already know these facts about the colorful "Captain Outrageous." Most have heard about the tempestuous temperament that garnered him the sobriquet "Terrible Ted." (He was kicked out of Brown University for setting fire to a homecoming float.) What they don't know is what the *Post* wanted to find out.

Post: Is it true that you bought the Braves and the Hawks for the vicarious thrill of victory now that your days of sports competition are over?

Turner: No. Actually, I was a lousy athlete. In school I fumbled around with just about everything—wrestling, boxing, football, kickball, baseball, basketball, track. But I really wasn't coordinated or fast. Besides, to do a good job at something you've got to concentrate in one area, not be a jock-of-all-trades. Sailing was something I could do.

Post: How did you come to buy the Braves?

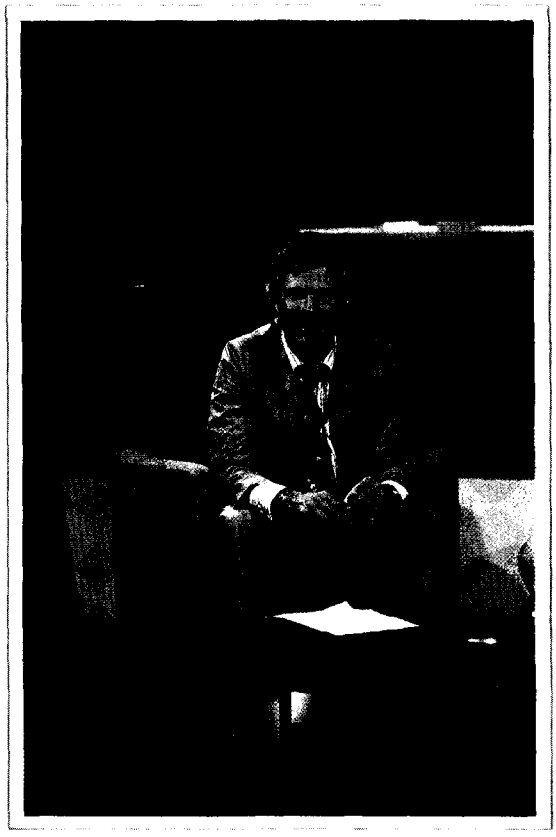
Turner: Purely by accident. We were televising their games, and, as the rights holder, I got pretty close to the management. So when they decided to sell the team, they approached me as the logical buyer. The thought had never occurred to me.

Post: Did you buy it to make money?

Turner: Actually, owning a baseball team is a great income-distribution program. It gets very expensive.

Post: Do your athletes "carb" up at the training table?

Turner: Carb up?



Devotion to his burgeoning cable-TV interests doesn't prevent Ted Turner, a self-confessed "lousy" athlete, from joining wife Jane to applaud the play of his Atlanta Braves (left, opposite page).

Post: Eat complex carbohydrates.

Turner: I don't know. I guess they eat what they want to.

Post: What about your own diet? Do you eat a lot of red meat?

Turner: Not a lot. Mostly chicken and fish.

Post: High fiber?

Turner: Try to. Lots of vegetables.

Post: Vitamins?

Turner: I take vitamins. I try not to eat starches, don't eat desserts, try to stay away from sweets and between-meal snacks, and I brush with Crest twice a day, for God's sake.

Post: What do you want to do with your money? Reports are that you're a millionaire.

Turner: Everything's in stock in the company. I own 87 percent of it. To get the money I'd have to sell the company, and I have no intention of doing that.

Post: No, what is your favorite charity.

Turner: I don't have a favorite charity. We have been losing too much money. But I do make contributions to a number.

Post: You don't have one area that really turns you on? Like the Abused Children, multiple sclerosis or anything?

Turner: All of them. I'm also concerned about the threat of nuclear war, overpopulation, soil erosion, acid rain, endangered species, bigotry, snobbery, hatred of war, all of those things. As well as disease, hunger and lack of education. I worry about the ozone layer and oil spills. . . .

Post: What about ridding the world of cancer?

Turner: We're giving ourselves cancer from all of the pollution and chemicals we're pumping into our environment and our foods. There's going to be a world food crisis real soon anyway. I mean if the population keeps exploding. We've got to get a grip on population control before it's too late.

Post: People accuse you of being among the Moral Majority and yet you obviously, if you're worried about population control, are not an anti-abortionist.

Turner: That's right. I've talked to Jerry Falwell about it. I said abortion isn't murder and I can prove it. He said, "How?" And I said, "Because you don't have funerals for miscarriages." That stumped him. He said, "I guess you're right." But it's not just abortion. It's got to be birth control. In other words, I'm concerned about all the problems, not just one or two. What good is it if you cure cancer and then die of starvation? What good is it to cure multiple sclerosis and have a nuclear war and kill everybody?

Post: Getting back to television, how did you happen to locate in Atlanta instead of New York or L.A., where the action is?

Turner: My dad moved the family to Georgia when I was nine years old. So in deciding on a headquarters for a new network, I chose Atlanta. The industry hooted. But I said, "Why not?" Those who watch our programs know we have a Southern-Midwest look about them. We emphasize family values a bit more. And in Atlanta it's a whole different ball game. People are friendly; they don't try to run over

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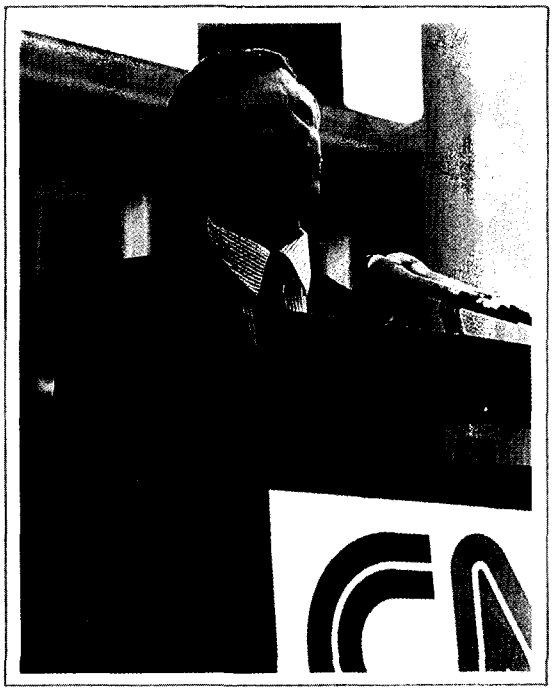
you with taxi cabs. It's not as crowded as New York, nor are we dying like they are out there in Los Angeles where the air is so polluted. And being in Atlanta has worked. It costs a lot less to operate there. I mean, the rent's a third as much, lunches are $30 in New York and we have a lunch down there in Atlanta for $2.50. Another thing, we're not unionized. That's the bad thing about those big networks. They have a lot of people just standing around. If you want an electric light plugged in you've got to call an electrician, and everybody has to wait for him to come and plug in the light.

Post: How does your budget compare with the Big Three networks?

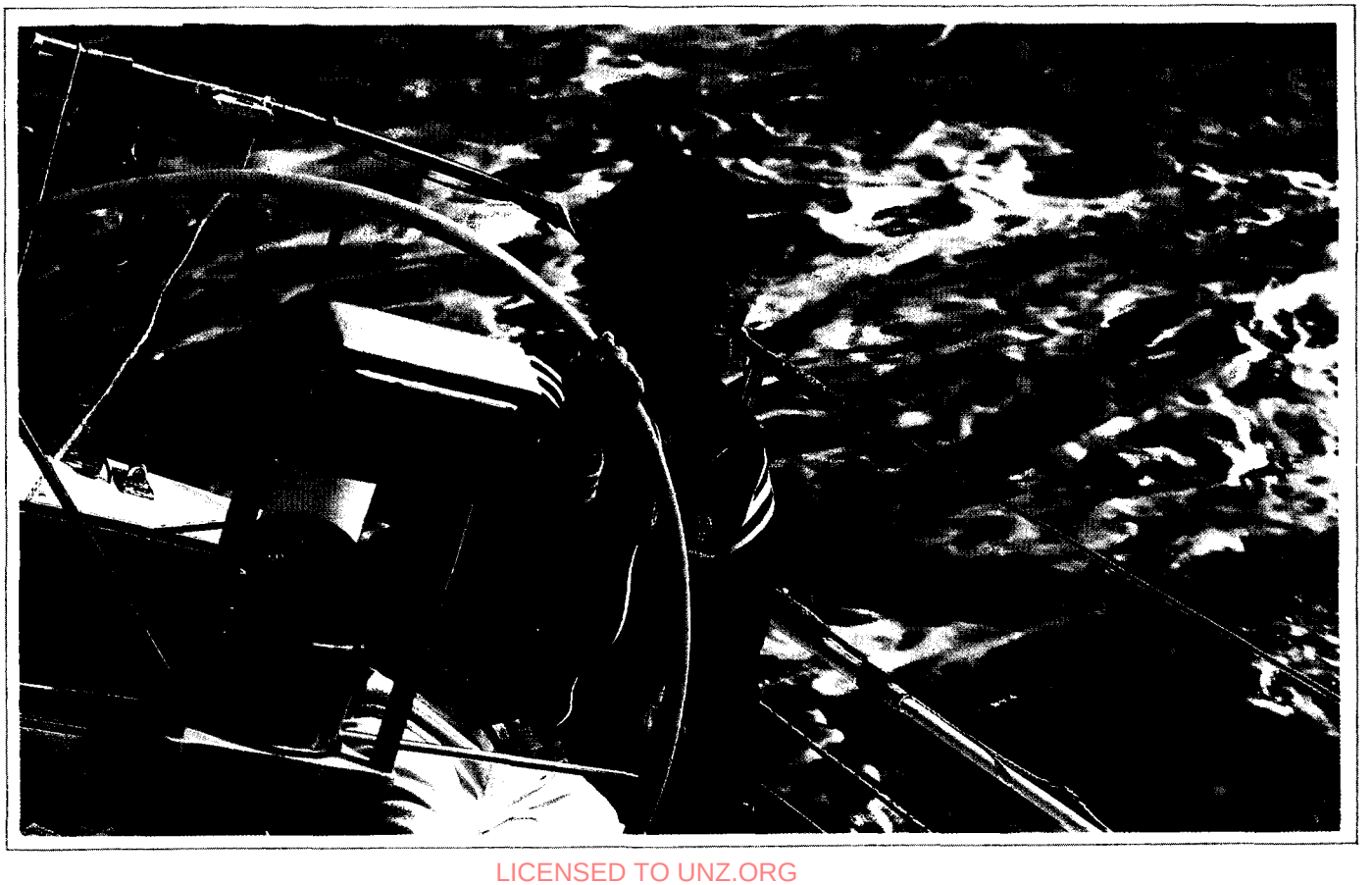
Turner: When we started it was around $40 million. Today it's close to $100 million. They say the network news operators run somewhere over $200 million a year. They talk a lot about Dan Rather making $2 million a year. Big deal. I've got six guys on my baseball team that make that much. I'll bet the Braves' roster makes more than the whole CBS news team. They're better, too. Right?



It's his many public appearances, press conferences and interviews that leave Mr. Turner little time, so he says, in which to spend his money.

Post: What has been your biggest problem in television?

Turner: Our toughest battle is not so much in the marketplace. The big broadcasters are trying to put us out of business by getting laws passed in Washington that would do just that. I spend a lot of time in Washington defending our position. I ask Congress people, "Don't you think it's good that now there's a network not quartered in New York and controlled by big liberal institutions?" Not that there's anything wrong with being a liberal. Personally, I don't know if I'm liberal or conservative, but I talk in Washington with everybody from Kennedy to Goldwater. All the congressmen seem concerned about the country and particular issues, but you can't find two people in Washington who agree about everything. And I know the presidents of the other networks. They are basically under pressure to win quickly or they'll be fired. They'll do anything to be tops in the ratings race. One of them said to me, "Ted, you are forever criticizing us network people for not having any principles about what we put on the air. But I want you to



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know that a lot of us are very moral people in our private lives." "Whoopee!" I said. "That's what the Nazis claimed when they went home at night from their work in the gas chambers."

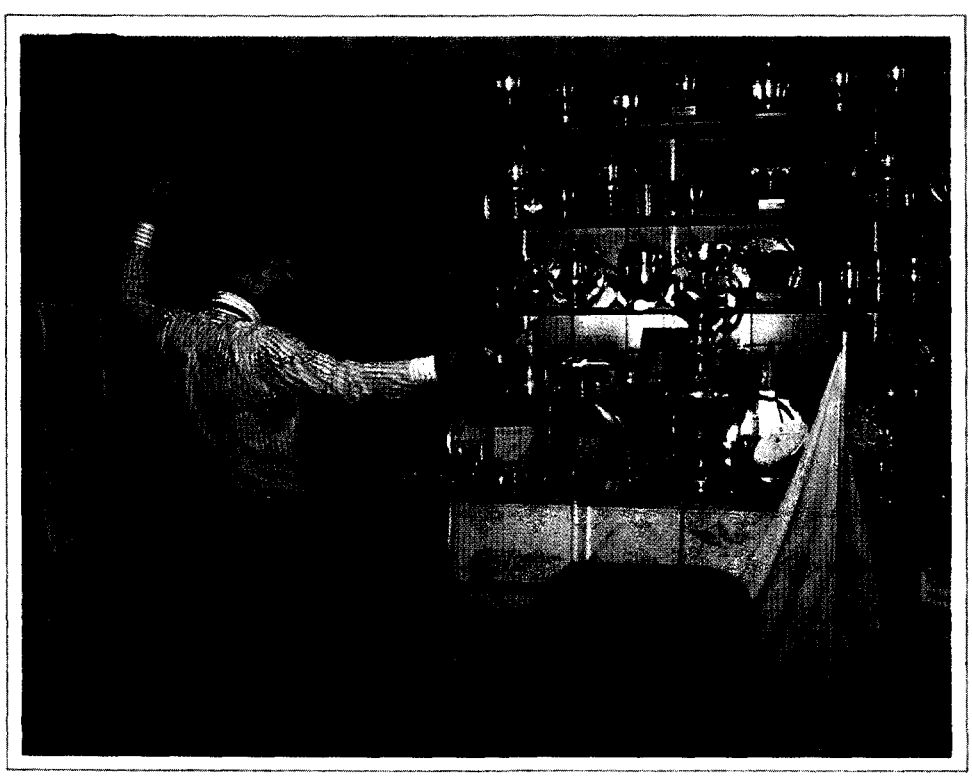
Post: Even with your budget approaching $100 million a year, we understand you still want to get into higher-budget programs.

Turner: That's right. We are doing a $1 million, one-hour program on the Mississippi. And Jacques Cousteau just finished a $6 million program on the Amazon that we will run this year. I would like to do more of this type of programming. Also top-quality movies. We now have over 4,000 under contract. All good entertainment and, hopefully, of some educational value as well. I wouldn't get into movies like *The Godfather*.

Post: What would you like most to see happen in your lifetime?

Turner: Before I pass away I'd like to see the swords beaten into plowshares. I'd like to see a world where all the nations treated each other with respect and dignity rather than trying to blow their brains out. I think the biggest problem is the two mightiest nations on earth spending their resources in this ridiculous arms race when we're not even natural enemies. We've never fought a war with the Russians, we've never even met them. It's not as if we were neighboring states having a common border. If we are going to fight, let us fight with our neighbors. They're the people we know and we know we don't like. And we can fight with them just by honking the horn or throwing an empty beer bottle in their yard at night when we drive past.

Despite his diverse enterprises, Turner finds time for family life—his 19-year marriage to Jane has produced five children. "I want them only to do something productive and make a contribution to society," he says.



The globe-trotting three-time Yachtsman of the Year skippers his yacht *Courageous* past the *Australia* for the 23rd defense of the Americas Cup. Above, he shows his form with the foil against a background of yachting trophies.

Post: You would then paint the future gray rather than rosy?

Turner: I think we are rapidly going helter-skelter toward extinction. We're paving over our best farmland, we're not practicing good soil conservation, we're using all the fossil fuels at breakneck speed and we've got a population that continues to explode. Our government and our society are thinking two and three years ahead at most when they should be thinking ahead two or three hundred years.

Post: How would you control population?

Turner: The United States is doing a pretty good job of it. But China, South America, Central America and Mexico are doing virtually nothing. Their population doubles every 20 years. They'll soon be taking our country away from us. Before 1990 there'll be

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He wasn't really hungry, but he ate the sliced peaches and half of his sandwich and drank the milk. He was aware that his mother had taken time out from her packing to fix the lunch for him. He sat at the kitchen table and looked out on the sloping, tree-shaded back lawn, and suddenly his throat was tight again. This was the last time he'd ever eat his lunch here. Everything he did today was for the last time, because when the 7:30 train left tonight, they would be on it.

Johnny put down the rest of his sandwich, slipped the slice of meat from it and held it down under the table. "Hey," he said.

There was a soft scrape of claws on the linoleum and the old, familiar snuffing touch as Rex took the meat from his fingers. Johnny patted the curly head. Then his eyes were blurred, and he couldn't have swallowed anything if he'd wanted to. It was the last time he'd do that, ever. They were going out for dinner tonight, his mother had said.

Johnny Mitchell got up abruptly and took his dishes to the sink. He washed them in the pan of soapy water his mother had left and dried them carefully. Rex came out from under the table and licked his lips hopefully, but Johnny avoided looking at him.

"When you're through," his mother said from the dining room, "bring your clothes so I can pack them."

"I've got them all laid out," he told her. "Even the tie."

His dad came in from the living room. He wore a torn T-shirt, his gardening pants and the old shoes he liked with the knots in the laces. "That table by the big chair, Helen. Do you want it to go to storage or to the apartment?"

She paused in wrapping the glass Johnny had used. "Well, what do you think? Is there room?"

His dad looked around the bare dining room as if it were the living room of the apartment they were going to, a thousand miles away. "I dunno. It's not the biggest place in the world." He smiled a little apprehensively. "I'm afraid we're going to feel cramped."

"It'll be all right. If it isn't big enough, we'll find something else. Let's send the table to storage for right now."

THE PRICE OF PARTING

He couldn't understand their reasons. All he understood was, they were going to put his dog to sleep.

by Leon Ware

"Okay."

"Mom, can I go now?" Johnny asked.

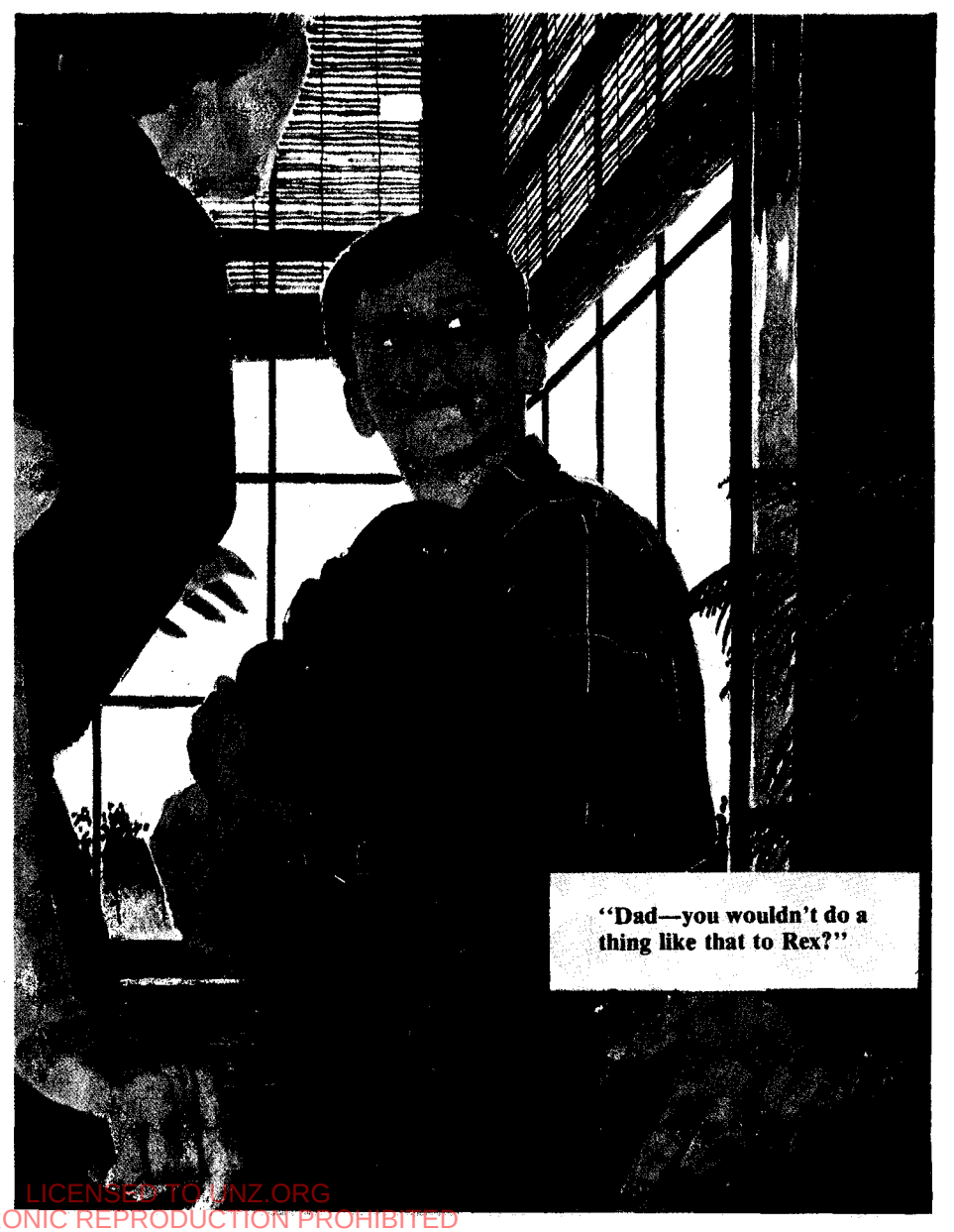
"Okay, son. Don't go too far, will you?"

"Nope." Johnny turned back toward the kitchen.

"Johnny."

The boy stopped and turned. His dad came up to him. "Johnny, Dr. Parker has to go someplace this afternoon. He said he'd only be there until about 4:30."

Johnny's throat was tight again. He nodded and swallowed hard. "We'll be back before then."



"Dad—you wouldn't do a thing like that to Rex?"

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His dad patted his shoulder, and Johnny went out through the kitchen, down the familiar back steps and onto the soft, green lawn, Rex at his heels.

It was a deep backyard, extending more than 500 feet from the house. It sloped down toward the bottom of the ravine, and the back fence was all rusted out in places, so, as far as Johnny and Rex were concerned, the whole brush-tangled ravine was theirs, too. They had a path that led down to where a stream trickled along the bottom. The path ran along the stream and branched off, here and there, to various places.

It was quicker and more convenient to go by the streets, but the ravine was more fun. And in the ravine, Rex knew where he was and could go along as well as anything, because he could remember all the things he couldn't see any more. On the street there were cars and kids on bikes and hurrying people, and the smells were all mixed up with gasoline fumes. Unless Rex stayed right tight on his heels the dog sometimes got confused. But together, in the backyard or down in the ravine, or up on the hill, or in the woods, Rex could get along almost as well as he ever could. At 14, he was two years older than Johnny, and this little area had been his whole life, and even a dog didn't forget something he'd known all his life. So it didn't matter, here, that Rex had cataracts over both eyes. As Dr. Parker, the veterinarian, said, all a dog really needed was a boy to love and be with and he was happy, even if he couldn't see very well.

So they went through the backyard and on the path to the little stream. Rex stood in the shallow water, his head cocked as he listened to something Johnny couldn't hear. Water dripped from the grizzled black muzzle and the misty eyes moved slowly while Rex sniffed at the air.

"Rabbit!" Johnny said suddenly. The long ears lifted, and Rex jumped from the water and stood stiff-legged and eager. Johnny laughed and bent down to pat the quivering body. "I was just fooling," he said softly. "Good boy."

There were big boulders cropping up through the long grass. The soil was poor and the only use the land had ever had was for grazing. Judge Thompson, whose house Johnny could just make out among the trees beyond the ravine, owned the land.

Johnny and Rex wound their way among the boulders and up the long slope of Shecktor's Hill. The wind ruffled the wild oats, and swept across the nodding grasses in darkening waves. Overhead, two meadowlarks thrust their sharp, clean song out into the afternoon sunlight, and down in the woods, a somber crow scoffed at their joy with a raucous hoot. They were sounds the boy and dog knew well, loved and were hearing now, together, for the last time.

A few of the suburbs of the city were spread out before him; Pleasanton right below and then Dorchester and Crofton and, in the distance, Evanston—most of them running together, now that the city was growing.

He could follow the train tracks almost all the way to Dorchester. Every day, until a month ago, his dad had taken the train to the city in the morning and back again at night. Johnny had never thought much about the tracks, but now, from up here, they glinted with menace. Tonight they'd be carrying the family away. He pulled Rex tight. All but his beloved Rex.

The new job was a big advance for Peter Mitchell. It meant going on to the head office; it meant more salary and more chance for progress. It meant more than that, even: It meant "they" were watching him and had him in mind for the future.

"It scares me a little," his dad said the night he had come home with the news. "I'll be smack under the big guns all the time. If I make a mistake, they'll know it right off."

His mother had laughed. "You won't, Peter, it's wonderful! All you've worked for!"

Johnny had watched them smiling at each other. And then the cold realization of what this would mean struck him.

"Will we have to move?"

His dad smiled. " 'Fraid so, son. I can't very well commute for a thousand miles."

Johnny stood up helplessly. "But I've lived here all my life!" He waved his hand to include the house and the ravine and the woods and the hills beyond the walls. "Golly, I wouldn't know anything else but this. All the kids, my school—"

His dad stepped over and put both his hands on Johnny's shoulders. "Look, son, this is one of those things. Step by step, you have to go along. If you don't, you get left behind. It'll be tough for your mother and for me, too, but it's part of the deal. You're young; it'll be a fine new experience for you, even if you don't think so now."

"But, dad, everything I ever knew is right here!"

"Honey," his mother said softly, "giving up is part of growing up. It hurts to leave the nest; it always does, but we all have to do it."

"We'll probably live in an apartment, at least for a while," his dad said. "You'll like that; no walks to shovel snow from, no grass to cut, no windows to wash."

"What about Rex?" Johnny asked hotly. "What about him? How's he gonna like an apartment? Why, he can hardly see a thing and he'd bump into everything and every time he went outside, somebody'd have to go with him and he'd—he'd even be on a leash, probably!"

He waited for their answer to that, but it didn't come. Not in words. It was in their eyes, though—in their eyes and in the way his mother pressed her palms together.

His dad put his hand on Johnny's shoulder again. "Rex is 14, Johnny. He's old, and he's getting feeble, and he's almost blind. It'd be cruel to take him to an apartment. I don't think we can take old Rex with us."

"Well, what are you going to do?" Johnny said. "Just turn him out to starve?"

Then his mother was on her knees before him, her hands holding his elbows. "Johnny, Johnny, don't you see? We can't take him with us; it wouldn't be fair to a dog that's been so good and faithful, so wonderful to all of us! Dad and I got Rex as a little puppy a month after we were married. We worried about how he'd be with you, but the day you came home from the hospital he lay down under your crib, and that

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FIRST GERMAN KIDNEY STONE CRUSHER ARRIVES IN U.S.

More than 1,000 patients have already been safely relieved of their stones with this "Star Wars" like equipment that eliminates surgery and the need for general anesthetic.

by Cory SerVaas, M.D.

If you have a "surgical" kidney stone, there is only one place to be in the United States, and that is Indianapolis at Methodist Hospital. We can report unequivocally that if your stone meets the criteria for pulverizing with the new German extracorporeal (outside the body) kidney stone crusher, then you shouldn't consider any other procedure. The newly arrived equipment cost $2 million and was two years in the making by the Dornier Corporation, a German manufacturer.

We went to Germany to see this procedure at the Munich Klinikum Grosshadern when the 13th kidney stone patient was treated there. They have now successfully treated more than 1,000 patients with this most innovative method of removing stones.

There is a two-year waiting list in Germany for patients wanting to have their stones pulverized without surgery, and the miracle is that the German inventors have favored the United States with the equipment before installing more machines in Germany.

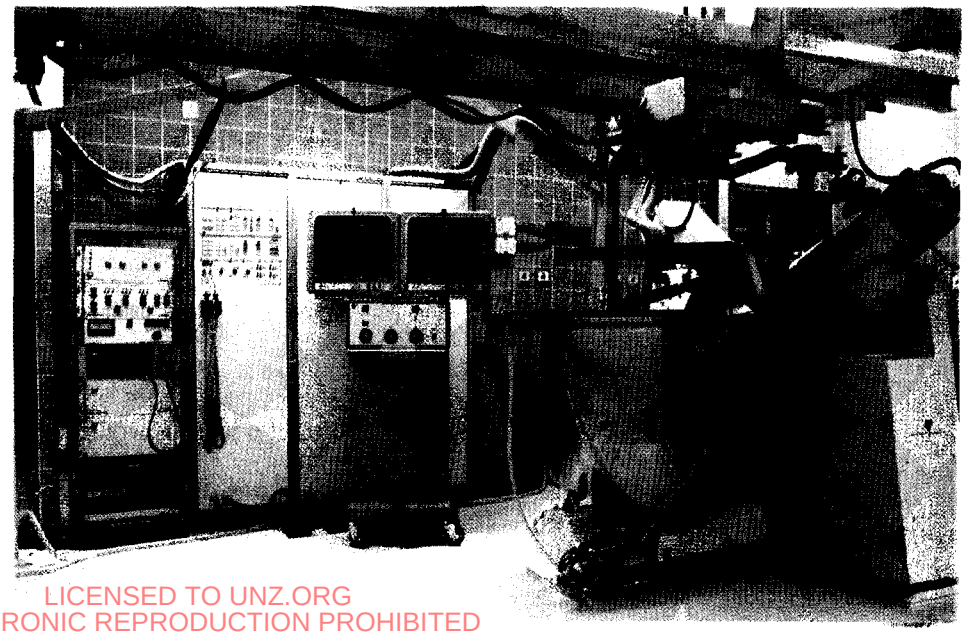
Indianapolis' Methodist Hospital officials are grateful. The Kidney Stone Formers Club is happy to further report that these *Star Wars* machines have also been ordered for Massachusetts General Hospital in Boston, Methodist Hospital in Houston, New York Hospital in New York City and Shands Teaching Hospital in Gainesville, Florida.

Even though 1,000 patients have been treated without side effects or complications, this was all done in Germany. Our own FDA will insist on having U.S. patients treated in this country under research protocols until it officially approves the equipment for general use. One of the provisions in the protocol for the first patients in Indianapolis will be that only stones that are actually in the kidney will be removed with the pulverizer.

Dr. Beurt SerVaas, a medical scientist, industrialist and president of the Indianapolis City Council, successfully pioneered the location of America's first lithotripter at Indianapolis' Methodist, a 1,100-bed teaching hospital with a staff of 27 urologists. He heads the Kidney Stone Formers Club.

In Germany, those patients with stones high in the ureter can have their stones treated with the shock waves if their stones haven't been lodged in the ureter longer than 60 days. Eventually, and after the FDA approves the equipment, kidney stones lodged in ureters will also be removed here. In some instances, stones that have slipped down into the ureter can be pushed back into the kidney so they classify for treatment in Indianapolis.

This procedure is better than surgery—and a completely non-inva-



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sive method for removing stones that once could be reached only by the most painful surgery. Patients refer to the traditional surgery necessary to remove stones as going "from the navel to the spine," a painful, debilitating affair, cutting through muscles and requiring months before their former strength is restored.

My husband Beurt's reluctance to be sidelined from his rigorous daily athletic and office activities led him to search diligently for a better way when his kidney stone was diagnosed as too large to pass. He found an obscure reference to a German doctor's use of shock waves to disintegrate stones into sand without surgery. After some study and investigation, my husband decided that this method could be a revolutionary breakthrough. Even though the doctors in Germany assured him by phone that at that time they weren't permitted to do stones in the ureter, intellectual curiosity got the better of him, and we flew to Germany to check out this exciting development. Unfortunately for him, his stone was in the upper ureter and so could not be treated under the German lithotripter protocol at that time.

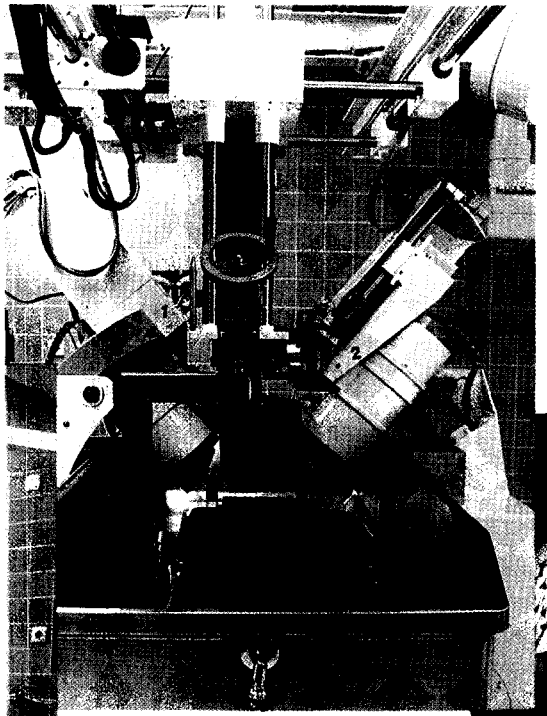
German urologists Dr. Wolfgang Wieland and Dr. Christian Chaussy visiting *Post* offices in Indianapolis with editor Dr. Cory SerVaas. The Ben Franklin Society arranged for them to come to the U.S. to present the kidney stone crusher.

However, his misfortune has resulted in great benefit for other kidney stone sufferers in this country. His efforts to bring this machine to America have borne fruit. The lithotripter is now in action in Indianapolis.

Dr. Daniel Newman of Methodist Hospital in Indianapolis tells us: "Every medical center in the world wants one of these lithotripters. They want them in Arabia, South Africa. Canada wants to buy five or ten of them right now and put them across their country because they know how cost-effective it is. Everyone is banging on their door."

His colleague, Dr. James Lingeman, adds, "Many of the patients have previously had surgery on a kidney. One of the very appealing aspects of this new technology is that it can be applied repetitively to patients without increasing the risk of damage to the kidneys. In the past, each time an operation has been performed on a kidney, that tended to increase the risk of damage or need for removal of the kidney."

The Indianapolis doctors conducting the first U.S. lithotripter procedures are totally dedicated to the patients. Dr. Phillip Mosbaugh explains: "Our feeling is that if a patient calls, we will try to handle as much as we can on the phone. We want to avoid letting people fly or drive all the way to Indianapolis and then find when they get here that they are not a candidate. That would infuriate me if I were they. To avoid that we will just tell them



While the patient is "floated" in a tank of water, the *real* objective of locating the kidney stone in the X-ray sights of the shock wave generator is accomplished. Shock waves go through water to disintegrate the kidney stone.

Linda Rasor (above) has had two major surgeries for kidney stones. Her next stone will be removed without surgery. Methodist urologist Dr. Phillip Mosbaugh (left) points to scars. Dr. Dan Newman (center), chief of staff at Methodist, and Dr. James Lingeman (right), of the Indiana University Medical School, have both treated patients with the lithotripter in Germany.

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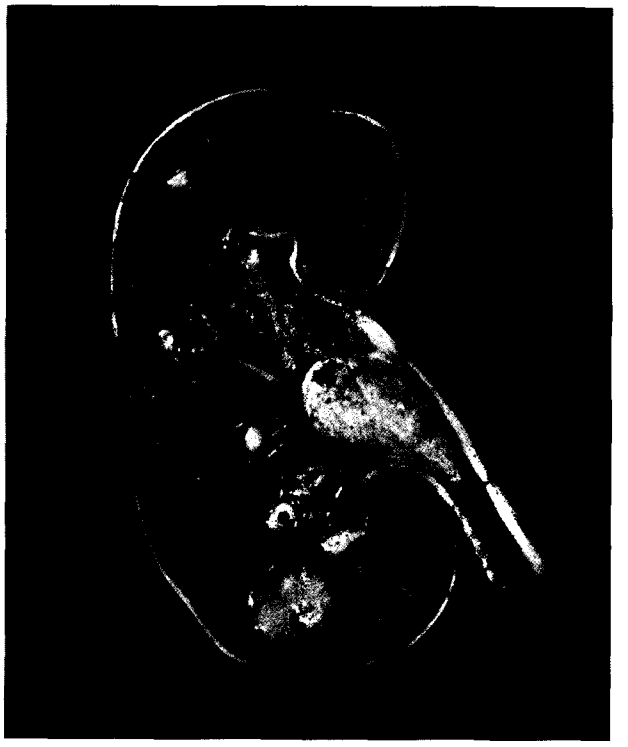
to send us their X-ray films through their doctor. That is how we will know whether or not we can treat their stones."

Our research certainly indicates that the lithotripter is the best possible method for removing stones that will not pass.

Lest readers be confused by reports of another method of "avoiding major surgery," let us explain other new methods for removing kidney stones. One procedure now being done at Duke University, Mayo Clinic and numerous other sites across the country is ultrasonic lithotripsy. "Lithotripsy" used in this procedure means exactly the same thing—"stone crushing." The means by which the stone is crushed, however, differs from shock-wave lithotripsy in that ultrasonic waves instead of electrically generated shock waves are used to disintegrate the stone. The ultrasonic method requires that a probe actually touch the stone before it will be able to effectively break up the stone. Therefore, a "stab wound" the size of a man's thumb is made in the patient's side and a hollow tube is inserted through the body into the kidney. Although a much quicker recovery can be expected from this operation than when the traditional 10- to 12-inch incision is made, it is still surgery and carries all the risks of surgery. Infection, laceration of the kidney or ureter and excessive bleeding are all possible, as well as loss of the kidney.

Dr. George Brannen, a urologist at Virginia Mason Hospital in Seattle, has used the ultrasonic procedure and believes the risks are "about comparable" to traditional surgery. But he notes that the patient's recovery time is cut from six weeks to one week and that there is much less pain. With this procedure the stone fragments are removed by suction rather than having to pass through the ureter.

Another approach to put the ultrasonic probe in contact with the stone is through the urethra, bladder and up the ureter into the kidney. Doctors at the University of Chicago have been inserting a small, rigid tube that can sometimes be passed all the way up to the kidney if necessary to reach a stone. The ultrasonic probe is then pushed up the tube, the stone is fragmented and the particles are collected and removed in a grasping device called a basket. The procedure does require general anesthesia, for it is quite uncomfortable, and muscle relaxation is necessary to insert the tube into the tiny ureter. It is still an invasive procedure, and infection of the kidney and other serious complications, including loss of a kidney, have resulted. In addition, in one study of 36 patients with kidney stones in the ureter and kidney, 25 percent of the patients still required open surgery to remove stones that could not be retrieved through the ureteroscope.



A large stone forming in the hollow center of the kidney may totally obstruct the flow of urine from the kidney. Blockage of the ureter causes great pain, kidney swelling and may even lead to loss of the kidney.

Kidney stones come in all shapes and sizes. Calcium stones are the most common, but other minerals are sometimes involved. Even kidney infections can cause stone formation.

All the urologists we have contacted who are presently using other methods of stone removal are unanimous in proclaiming shock-wave lithotripsy a superior method for treating kidney stones. They all made comments such as, "The extracorporeal lithotripter is going to be the best way to go. It's nice not to have somebody put a hole in you or make an incision for removal of kidney stones."

Any readers who have stones and are agonizing about possible surgery may feel free to call or write the following officers of the Kidney Stone Formers Club, all of whom have been to Germany to have their stones removed. These individuals are so grateful for their own good fortune in having their stones removed without surgery that they will drop whatever they are doing to help fellow stone sufferers.

Dr. James Nicolette, Vice president
101 East Main Street
Mount Pleasant, PA 15666
(412) 887-3195

Mr. Robert V. Bullock, Vice president
6 Warwick Lane
Frankfort, KY 40601
(502) 695-5157

Mrs. Marlene Price, Secretary
463 Hinsdale Court
Worthington, OH 43085
(614) 888-2252

Mr. Howard Fine, Treasurer
750 Park Avenue
New York, NY 10021
(305) 358-7325

The club's president, Dr. Beurt SerVaas, can be reached at (317) 636-8881 or (317) 634-1100.

For the present, the lithotripter offers the best solution to ridding the body of kidney stones. Mrs. Marlene Price, who made the trip to Germany when she heard about the

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National Kidney Stone Registry

(Circle the appropriate numbers; fill in blanks as needed)

A. Age:
1. 10 - 29
2. 30 - 39
3. 40 - 49
4. 50 - 59
5. 60 - 69
6. Over 70

B. Sex:
1. Male
2. Female

C. Race:
1. Caucasian
2. Negro
3. Oriental
4. Hispanic
5. Other _____

D. How many kidney stones have you had?
1. 1
2. 2-3
3. 3-5
4. Other _____

E. How large were your stones?
1. 1st stone _____
2. 2nd stone _____
3. 3rd stone _____
4. Others _____
5. Don't know

F. Treatment:
1. Passed spontaneously at home
2. Passed spontaneously while you were hospitalized
3. I still have the stone(s)
4. Removed by major surgery
5. Removed by alternative treatment (describe treatment) _____

G. What kind of stone did you have?
1. Calcium oxalate
2. Calcium phosphate
3. Uric acid
4. Cystine
5. Mixed stone
6. Other (please specify type) _____
7. Don't know

H. Have you ever had gout?
1. Yes
2. No

I. How long have you had a stone?
1. Less than 1 year
2. 1-2 years
3. 3-5 years
4. More than 5 years

J. Prior to having your *first* stone, did you:
1. Eat a high-fiber diet?
2. Drink more than a quart of milk a day?
3. Drink 2 or more quarts of fluid (water, juice, tea, etc.) per day?
4. Take vitamin supplements? List kinds: _____
5. Eat meat twice a day?

K. Please give the date of your first stone: _____

L. What do you think caused the stone?
1. Diet (list specific foods) _____
2. Infection
3. Inability of your body to handle a specific substance (name the substance) _____
4. Don't know

M. What do you do to prevent further stones?
1. Increase fluid intake
2. Eat a low-salt diet
3. Drink cranberry juice
4. Decrease or eliminate certain things in your diet (list) _____
5. Increase fiber in your diet
6. Take vitamin supplements (list type and dosage) _____
7. No change from previous diet
8. Other _____

N. In what part of the U.S. have you lived most of your life?
1. Northeast
2. Southeast
3. North Central
4. South Central
5. Northwest
6. Southwest
7. Alaska or Hawaii

O. Please make any other comments you feel would be helpful to this research: _____

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P. Do you supplement your diet with any of the following?

	Amount	Frequency: Daily	Weekly	Monthly	Years Taken
Vitamin D	____ I.U.				
Vitamin A	____ I.U.				
Vitamin C	____ mg.				
Vitamin E	____ mg.				
Calcium	____ mg.				
Selenium	____ mg.				
Lysine	____ mg.				
Zinc	____ mg.				

Q. Are you a member of The Saturday Evening Post Society? Yes ____ No ____ If yes, please remove your mailing address label from your magazine with a steam iron and attach it to this questionnaire as your return address before mailing.

fold here first

Name

Address

City/State

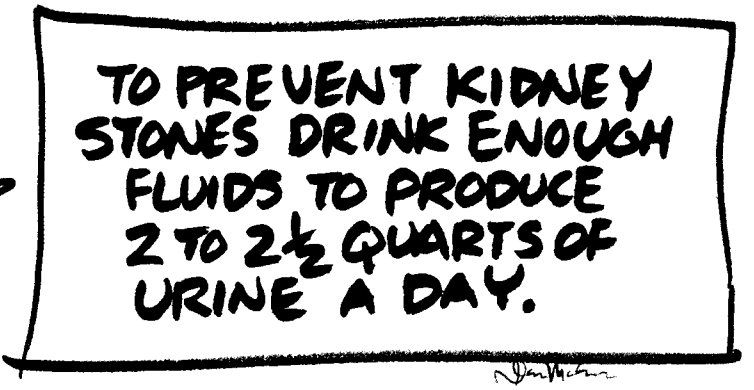
Zip Code

(Attach subscriber address label here if available.)

Place Stamp Here

National Kidney Stone Registry
1100 Waterway Boulevard
Indianapolis, IN 46202

fold here last



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new treatment, is enthusiastic about the results of her experience. She describes the treatment in detail for the *Post*.

"I was diagnosed with a kidney stone when I was in the hospital for emergency surgery on another matter. I chose to go to Munich, Germany, to have my kidney stone pulverized by shock-wave therapy because I felt it too risky to undergo major surgery again within a six-month period. I was hospitalized in Munich for five days. It was a totally pain-free procedure.

"On the day of the shock-wave procedure I was given a spinal anesthetic, which anesthetized me from my waist to my knees. I was catheterized and put on the litter, and the litter was submerged into a large stainless-steel tank of water. There were TV monitors that were showing on the screen the site of the kidney stone, and after I received approximately 100 shock waves, I was X-rayed to see that the kidney stone was actually being pulverized. With that I was administered approximately 700 more shock waves. I could feel nothing due to the anesthetic and was just aware of the intense sound. I understand some people do benefit by listening to music at that time, but that was not available that day for me. I would highly recommend that because it does get your mind on something else. I counted up to about 500, and decided I'd better start thinking about something else. I was in the tank for about an hour. By five o'clock that evening, I no longer had a catheter, the IV was removed and I was a person without a kidney stone—just a little remaining sand in my ureter, which I passed within the next two weeks. It was an incredible procedure, and I hoped then that very soon we would have kidney machines in the United States so everyone benefits from this.

"Part of my therapy the day following the shock-wave treatment was to go to the 13th floor at the clinic in Grosshadern and 'yump,' as the Germans call it—jump down 20 stairs per floor of the 13 floors in order to benefit by gravity in helping the sand that was in my ureter pass. This treatment, along with drinking plenty of fluids, whether it be beer or water, was my postprocedure therapy.

"Having had major surgery in January, and having taken several weeks to recover after that, I know exactly what is involved, and I am so grateful that I did not have to go through that experience in order to have my kidney stone removed. This pulverization was the most incredible thing I could ever imagine."

The Kidney Stone Formers Club members are actively helping fellow stone sufferers. Officers who have had their stones removed by shock-wave lithotripsy in Germany include Dr. James Nicolette, vice president (left), Mr. Robert Bullock, vice president, and Mrs. Marlene Price, secretary. When the phone rings they'll drop everything to help a stone former.

Dr. James Nicolette, past president of the Kidney Stone Formers Club, experienced severe pain from his kidney stone prior to its successful removal in Germany:

"About three o'clock in the morning, I awoke with the most severe, excruciating pain I had ever experienced, and I thought that somebody had put a knife in my back. The pain was so excruciating that I was actually crying and praying that I would die.

"Conventional surgery entailed an incision 10 to 12 inches long extending from the navel to the spine and a hospital stay of 10 to 12 days and then a recuperative stay of possibly 2 to 6 months.

"When I got back home from Munich, Germany, and started reflecting on my experiences, I realized that I was a very lucky individual, and believe me, I've thanked God many times since then. But I happened to be on a talk show in Cincinnati where the host had about 250 people in the audience, and we started discussing renal pain or kidney pain from a kidney stone and tried to find out just how tremendous the pain is in comparison to other types of pain. He asked if anybody in the audience had had a baby and a kidney stone, and one lady had put up her hand and she did have both. He asked her which was more painful, and she said the kidney stone by far. He also asked if anybody had had a heart attack and a kidney stone. Another gentleman who had had a massive coronary put up his hand, and he also stated that the kidney pain was much more severe.

"I don't think that anybody can clearly define kidney pain, and it's been described throughout history as the most severe pain that one can encounter. After my own experiences I agree. I pray to God that I'll never have any pain like that again."

Robert Bullock, Kentucky's assistant attorney general, has had a kidney stone removed by the basketing procedure, in which instruments are used to grasp the painful offender and pull it out. A second stone was tolerated until it doubled in size and he began passing blood. After a year of waiting, he traveled to the Klinikum Grosshadern in Munich for the German procedure of crushing kidney stones.

"After I was given a type of spinal anesthetic," he says, "three men placed me on a saddle seat, fastened me in with straps across my legs and chest and secured my wrists to a crossbeam above the seat. Then a machine lifted the seat, with me in it, into the air, and I was lowered into a tank of pleasant, 75-degree

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MARRIAGE— THE BEST EXERCISE

The wife walks a fine line between keeping her husband in shape and killing him outright.

by Maynard Good Stoddard

Illustrated by Don Trawin

One good thing about joining plights in the trough of holy wedlock, or however that goes, it saves the cost of joining a health club. As a normal married man—if there is such a thing—I have found that marriage provides about all the exercise the victim (but I get ahead of myself)—the husband, I should say—can handle.

Not that I didn't give formal exercises a try. Once. This was some years after life had fallen into place and I'd begun to accumulate a little well-deserved flab around the center section. Society, at the same time, was taking off gung ho on a health kick, natural foods crowding junk foods on grocery shelves, best-sellers carrying titles such as *Run for Your Life, Swim and Stay Thin, Dumbbells for Smart People* and morning news programs competing with double-jointed acrobats giving instructions on how to slip a disc or fracture your pelvis the professional way.

Finally, one morning, I decided I would try a few mild sit-ups. Unable to get my back off the floor doing them in the bedroom, I went into the kitchen, where I could anchor my toes under the edge of the sink. And it was at this juncture that my bride of many summers (I don't count the winters, because she wears those ski-styled pajamas) came in from mopping the back porch off.

"Oh, good heavens!" she exclaimed, dropping her mop and bucket of suds and straddling my stomach, from which vantage point she began pounding me squarely on the chest.

"What-in-the-blue-blazes-do-you-think-you're-doing!" I gasped.

"EPA," she responded, seeming somewhat relieved that I was still able to talk.

"It's CPR, for pete's sake," I moaned. "EPA is the Environmental Protection Agency."

"Well, whatever. At least it has saved your life."

"You nearly killed me," I corrected her, dumping her off, removing the mop handle from my forehead and wringing the hot suds from my sweatshirt. "I was only trying a few sit-ups."

For single fellows, or the married man whose domestic duties may consist of keeping grass out from between the patio bricks and painting the bird bath once a year, formal exercises are indeed a fine institution. But for a married man with all the disadvantages of a rural setting, to say nothing of a wife who devotes her waking hours to keeping his figure down to skin and bones—the skin black and blue and the bones not infrequently out of alignment—formal exercises are about as necessary as an igloo smoke alarm.

One exercise that I recently experienced in the course of a day's occupation I have labeled the Backward Quickstep.

In this little death-defier, hubby has been enlisted to replace wife, who finds herself too short to install the bedroom storm window from a scaffold she has erected by placing a board upon a stack of five bricks at one end, an overturned potato crate at the opposite end. Hubby mounts the board with window in hand, holds window in place momentarily, then, as bricks collapse, takes a quick step backward, catapults over the yew tree and stretches out on his back in the rock garden. Excellent for the buttocks and the back of the head. Few formal exercises include the back of the head.

Somewhat more advanced but still employing the general strategy is one called the Forward Quickstep and Head Thrust.

For this one, wife asks hubby to break a board that she has leaned up against the well platform. He is so much stronger than she, is her come-on. So innocent old hubby stands on his left foot and brings his right foot (or vice versa, if he's left-footed) down sharply on the board. The board, having carefully been turned rotted-side down and thus offering no resistance, sends hubby plunging forward, thrusting his head into the side of the house and leaving the hide from at least one shin on the well platform. There's nothing like it for strengthening those neglected neck muscles, clear down to the sixth vertebra.

The body-toner that I call the Up, Up and Away also is available in both regular and advanced stages. The first stage finds the target standing on tippy-toe and stretching his right arm as high as possible. Holding this position to the count of one, he inhales deeply and pitches forward, touching down on the floor with his forehead and both shoulders in what has become known in airplane circles as a three-point landing.

This bone-and-muscle bonanza is made possible through the forethought and efforts of the helpmeet, who positions the recliner chair, the ottoman and the shoeshine kit so as to enable hubby to hang the star atop the Christmas tree.

Although somewhat more involved, the Advanced Up, Up and Away pays off handsomely in burned-up calories, increased lung capacity and leg-muscle strengthening. It begins from a standing position, with either the right or left arm and leg being lifted simultaneously. Then the other set lifted to a higher level. Back to the first set again, and so on. At the count of between eight and ten—nine, to be exact—the one being exercised slowly begins a sideward movement, inhaling and exhaling more rapidly as momentum increases. Just before landing on both knees, he further bolsters his breathing apparatus by emitting one prolonged, terrifying scream, as they do in karate. From the position on his knees he rolls over on his back and proceeds to writhe briskly.

Credit for this gem again goes to

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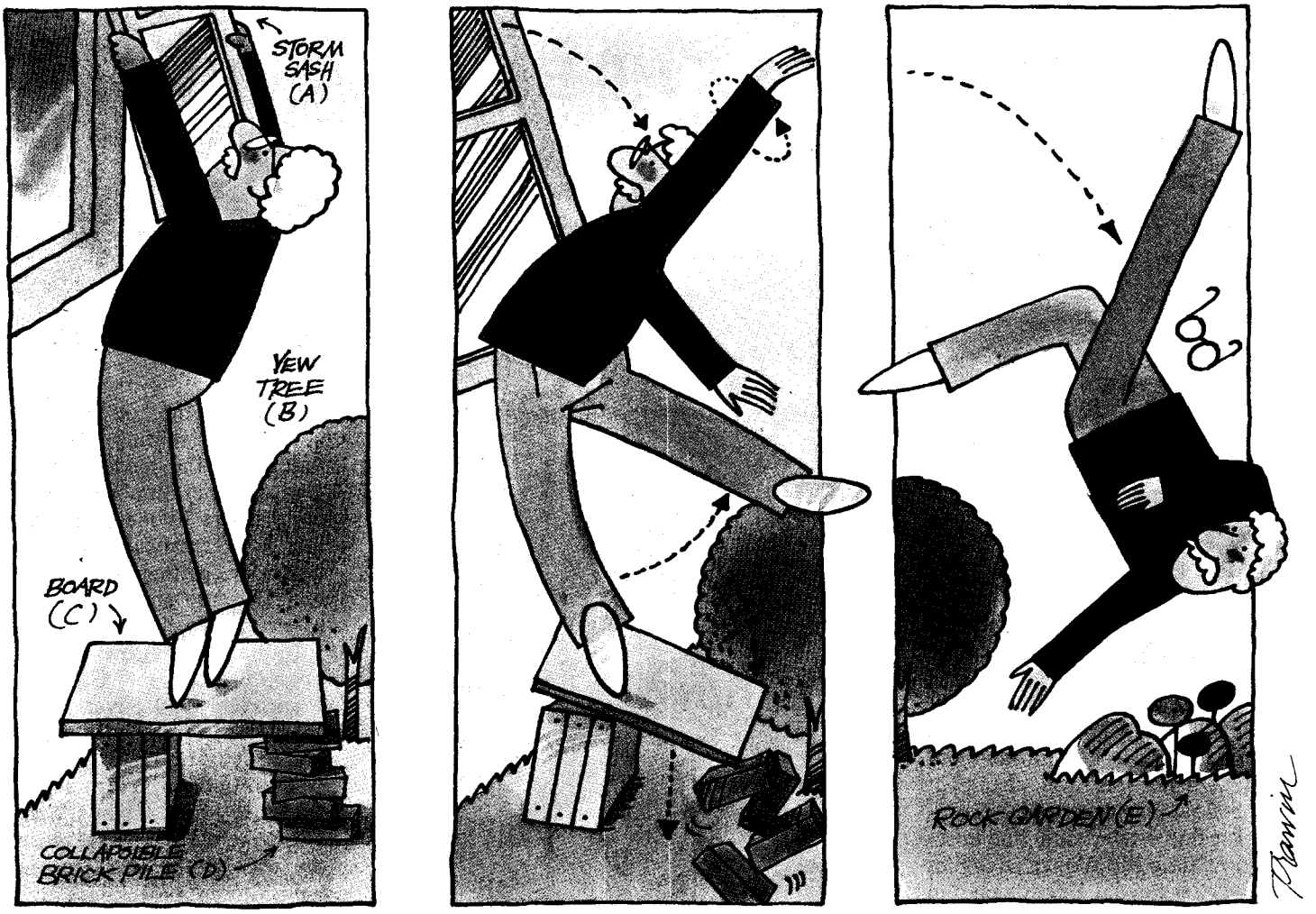
THE BACKWARD QUICKSTEP



I. THE STRETCH

II THE BACKWARD FOOT EXTENSION

III THE CATAPULT

spouse. Entrusted to hold the ladder while hubby climbs up to clean the gutters, she suddenly remembers a cake in the oven and runs in "for just a sec" to take one more look at her upside-down cake.

A shortcoming of most formal exercises: They concentrate on but a single area—tummy, fanny, thigh, brisket, etc. Not so with the Octopus. While admittedly a bit complicated, this beauty works on everything from toe to shoulder.

It begins with hubby slogging into the house from a disastrous and costly 110 on the golf course that afternoon. On his way to the refrigerator to drown his sorrows, he extends both arms to their limit, stretches the right leg out and twists the foot to the left. Lowering the left hand to knee level and raising the right hand above his head, he then lifts the left hand and thrusts the right knee forward, holding the right hand down around the ankle. From this position, he shoots the right arm out, curling the left hand at his waist. Bringing the knees together, he kicks out first with the left foot, then with the right, at the same time twisting the foot that isn't kicking.

Upon completion of the third such routine, he calls into the living room, "Would you mind coming out here and folding up this blasted ironing board!"

Formal exercisers go in pretty heavily for jogging. This in itself, without someone bouncing along beside you, becomes rather boring. So, to liven up this method of turning flab into flesh, jogging trails are now being enlivened with the installation of apparatuses such as chinning bars, water jumps, trapezes—that sort of thing. The married man, on the other hand, requires no such gimmicks. His spouse stands (or lies, rather) ever ready to supply the necessary means for a monotony-relieving break: the colorful Back One-and-a-Quarter Gainer being a fair example.

It was approaching dusk this past Wednesday when the better half came down to where I was dredging the creek with a short-handled spade. My spinal column by this time having assumed the graceful lines of a croquet wicket, she thought it safe to challenge me to a race back to the house. In spite of the U-turn in my torso, I still was leading by a good ten feet when I suddenly relieved the monotony by bringing both feet up to eye level and both shoulders down sharply to the ground. The shoulders are another area too often neglected in formal routines.

Good sport that she is, my dear wife stopped long enough to look down and inquire sweetly if I hadn't noticed that she'd left the clothesline up.

No, I hadn't. Nor in trying to catch her did I notice the trash burner. Flop Your Fat Off, I think I'll call this one.

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OLYMPIC SKATERS: TAKING TURNS FOR THE BETTER

Skirting a thin line between sport and art,
American figure skaters rise to the risky challenge
of becoming the best in the world.

by Lorna Simmons Nolt

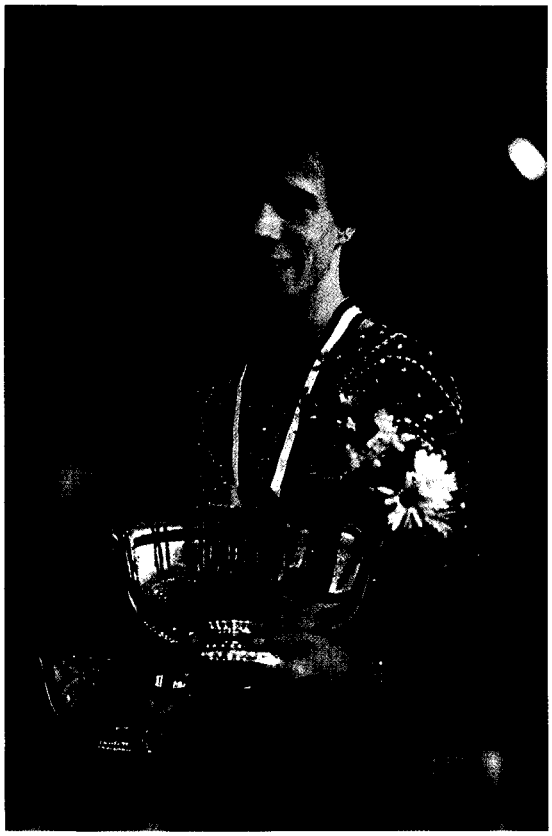
The fragility of figure skating's beauty seems, at first glance, more a glamorous art than a sport. But, in truth, this *grande dame* of artistry and athleticism draws her strength from several sports—gymnastics and weightlifting among them—and her beauty from the balletic combinations of several dance forms.

Skating, that special blend of artistry in motion and energetic sport, is changing. Sellout crowds and record-breaking television audiences watching the Winter Olympics at Sarajevo, Yugoslavia, in February and the world championships at Ottawa, Canada, in March will see how.

More than ever, skating is stretching the physical and emotional limits of the human body, taxing its resources to the edge of that body's resistance and sometimes pushing those resources just over the line. "Skating has changed in the past ten years—a lot since the 1980 Olympics," says world and Olympic skating coach Ron Ludington. "Technique has improved drastically, especially in female skaters, as technical abilities keep getting better."

Axel Paulsen of Norway performed the first one-and-a-half-revolution jump at the first "international skating meeting" in Vienna in 1882. Now skaters are doing triple and quadruple jumps and throws, and they are paying the price. Skaters suffer more injuries than do participants in any other noncontact sport except gymnastics.

"We've probably reached a kind of plateau right now," says Ludington. "Skaters become more susceptible to injury as the jumps improve. I see us leveling off for a while."



World champion Scott Hamilton's biggest problem may soon be finding enough room to store his many international awards and trophies.

Competitive skating in general and American skating in particular have made great strides since the 1980 Winter Games in Lake Placid. Not only the human body but its intellectual, psychological, educational and artistic resources have been stretched to their limits. Skaters are trying to see themselves as both competitors and performers.

"Emotional stress," coach Ludington says, "has become more of a problem in the top levels of competitive skating. The attention of the media has increased, the number of top competitors in the world has increased drastically and the moves are getting harder. . . . Our kids are adapting to the pressure as well as they can."

Ludington knows about pressure. Four-time U.S. pair champion, 1958 Silver Dance champion, bronze medalist in pairs at the 1960 Olympic Games, Ludington turned professional after a plane crash killed the entire U.S. team on the way to the world championships in 1961. Since then he has coached more than 500 teams, 30 of them U.S. champions in pair skating and ice dancing, and he has taken "the most ever" to the Olympics this February.

Ludington uses all his intellectual and emotional resources to coach his 25 or more pair and dance teams; and he consistently achieves a delicate balance between driving competitiveness and friendly helpfulness. Skaters come from all over the United States and several foreign countries to live, go to school and work so they can train with "Luddy's Army" at the

In Pittsburgh, Scott Hamilton leads this parade of national champions, now ready to leap into Olympic competition: Hamilton, dance champions Judy Blumbert and Michael Seibert, Rosalynne Sumner, 1982 world champion Elaine Zayak and pairs champions Kitty and Peter Carruthers.

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Rosalynne Sumner's perfect triple jumps have brought the skating style back from artistic moves to athletic excellence.

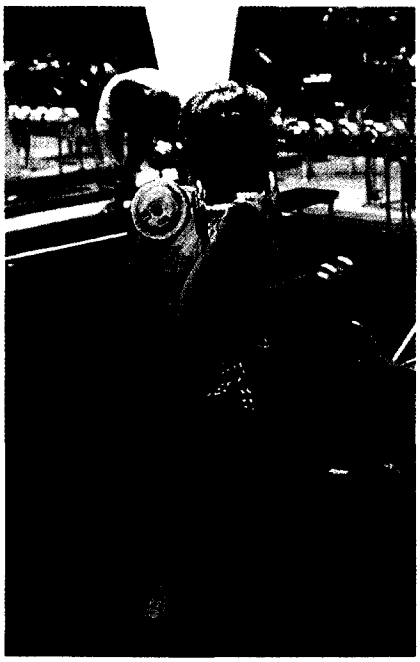
Skating Club of Wilmington, Delaware. Their skating day starts at 10:30 p.m., when they gather to work out on mats in a room high above the rink. They take to the ice for practice from 11 p.m. until daylight and work on power stroking, lifts, dance moves and their programs. These teams, "Luddy's Army," display their good training and their good manners by helping one another. They often turn up at competitions to cheer for their Wilmington teammates.

During top national and international competitions, the red-haired coach stands off the ice with his teams and gives them last-minute reminders and encouragement: "Watch that end pattern" to the dancers; "Don't forget the split in the split double twist" to the pair skaters. The advice comes naturally: If the move is a pair move—throw Axel, pair spin, one-handed lift, Mitchell lift, lateral twist, split double twist—Ludington invented it.

Those pair moves and the triple and quadruple jumps are largely responsible for the increase in injuries. "Dick Button started the trend toward triple jumps with his power," Ludington says. "Then Janet Lynn and Peggy Fleming brought the trend around to the use of more artistic moves." Elaine Zayak and the latest crop of male skaters, including world champion Scott Hamilton, turned the style back in the direction of athletic excellence with their technically perfect triple jumps.

The question for 1984 is, Which direction will figure skating take now? "I like what Osborn Colson, the former Canadian skater, had to say about the changes in skating," says one eastern U.S. skating judge. "He said, 'Every decade, skating is another sport.' I think we're trying to point ourselves once again in the direction of artistry—never forgetting, of course, that we've made great strides in athleticism and must incorporate those strides. Football is one sport, skating is quite another.

"Before 1980," she continues, "Don Jackson's triple lutz jump was an event. Now a skater doesn't even dare touch the senior level of competing without one."



Like her teammates, figure skater Elaine Zayak begins her skating day by working out in a room above the rink.

Is the quadruple jump or the split triple-twist throw in pairs worth all the injuries? Was the body made to twist itself into a four-revolution jump and come down in one piece?

The leap from double to triple jump (from two in-air revolutions to three) may not even be worth the time and energy to perfect. "Probably only eight out of ten *judges* can tell the difference between a double and a triple, the revolutions go so quickly," the judge points out. "That means that perhaps only one out of 20 spectators spots it."

Nevertheless, many skaters who have perfected triple jumps or throws, including the Wilmington-based U.S. pair champions Peter and Kitty Carruthers, are now working on quadruples. If Kitty Carruthers lands her now consistent throw in Olympic or world competition this winter, she will have scored a first.

A successful quadruple throw might help a top skater counter the real threat from the Eastern-bloc countries that always send an arsenal of superb, professionally trained skaters to world competitions. East and West have entirely different approaches toward training skaters. A Russian and an American may em-

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CRIMES AGAINST CHRISTIANS

Crimes at the height of the Roman Empire would have flooded the dockets of a modern federal or state courthouse. The offense of being a Christian brought its own unique punishments.

by Cornelius Vermeule

An American endeavoring to survive in an urban environment in the 1980s may well ask what was the state of crime—and its corollary, punishment—at the height of the Roman Empire, say, in the years 97 or 197 or 297 of the Christian era. We hear, see and feel that the United States is, like Rome, at the apogee of her glory. And indeed, one can find many similarities between the criminal side of our civilization, reported in all our news media, and the manifestations of unruly human nature that concerned the Romans in their court journals, in their histories by eminent men and in the judicial proceedings arranged for the poorest trader or the smallest farmer (the legal papyri of Roman Egypt).

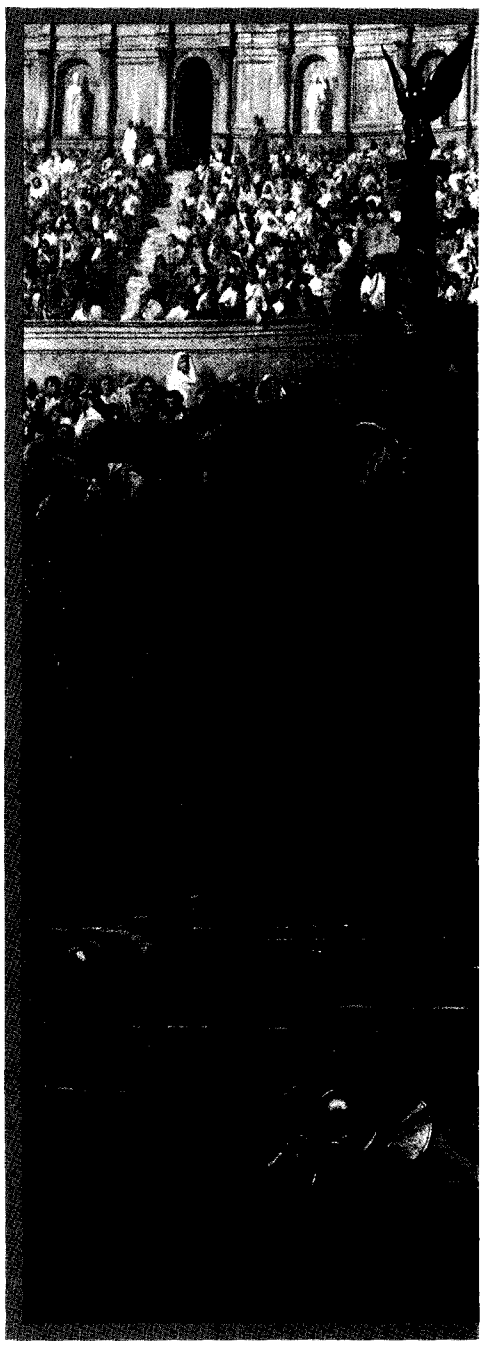
Ancient crimes could cover the docket of a modern federal or state courthouse. First come the crimes of mortal violence and sex. Following these, we can consider crimes of lesser violence, including (among others) assault, battery, riots and brigandage. Crimes for money and reputation make up the last major group, which includes theft, robbery, fraud, libel, embezzlement and corruption. Other crimes might merit a mention. Being a Christian (until Constantine the Great came to Rome in 312) represented a special type of crime—treason, or what we might call nonviolent civil disobedience or sedition today. It is not easy to realize that the Christians, thought of as martyrs in Western civilization since the Middle Ages, were seen in their lifetimes as dangerous protesters and social outlaws and outcasts.

Against these various crimes must be set the agents and institutions of law enforcement, including police, whether legionnaires on active duty or informers lurking in the colonnades around the Roman Senate; the courts; and the prisons, be they dungeons in major cities, the silver mines of Attica, the galleys in the harbors at Ostia or Alexandria or the rocky little islands in the southern Aegean. Punishments were many and varied; they were usually noted for their refined cruelty. Incarceration or long-term detention under livable conditions was not one of them. Only a few distinguished ex-rulers or fallen politicians were confined to quarters, so to speak. The average criminal went fairly rapidly to the cross, to the arena filled with hungry lions and tigers, into hard labor or, at best, into permanent exile. There was little hope of parole and even less of full rehabilitation into society.

The research for relationships between crime and punishment in the Greco-Roman world and America in the 1980s is complicated by the passage of time. In two thousand years the oral traditions, popular ballads and most of the written records of imperial Rome have disappeared. But we are more fortunate in what survives than we might realize at first. The laws and cases of law collected in the last days of the Roman Empire give us a full picture of types of crimes, if not of their journalistic details. Inscriptions left by the condemned in mine shafts and graffiti on the walls of gladiators' training schools provide clues. The thousands of papyri found in the dry soil of Greek and Roman Egypt provide a thorough picture of petty crime and the criminal process in one corner of the empire. Above all, in the early history of the Christian church, in the tales of saints and martyrs, we have a rich and romantic picture of Roman justice at work on all levels of society.

In general, the record of crime that has survived from ancient Rome to modern times is snobbish, filled with the indiscretions of the aristocracy and misdeeds of the elite. The "media" in any age tend

Convicts sometimes found themselves battling one another as gladiators. If one performed well, the vestal virgins might turn thumbs up, letting him live, but usually the verdict was thumbs down.



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to remember the murder of a senator instead of a street cleaner. Although adultery doubtless took place nightly in the multistory apartment houses along the Tiber or on the slopes of the mountains at Ephesus, pursuit of an emperor's granddaughter for illicit pleasure made infinitely better literary copy for Suetonius, writing in the time of Hadrian (117 to 138).

The anonymous slave who made off with a slab of roast beef got a quiet crucifixion or, at best, a noisy lashing with leather thongs for his boldness (or desperation). If such a slave or poor freedman wasn't nailed up along a roadside to starve, bleed or choke to death on the rugged cross, he might make a morsel for a favorite imperial tiger or thrash for a few agonizing minutes in a pool filled with deadly "eels," the like of which was available on many an imperial private estate.

Murders among the very rich and well connected were lovingly reported by the ancients. Nero kicked and killed his pregnant wife, Poppaea, and we can read about it today in the chronicles of Tacitus and Suetonius. The murder of a slave or an expendable peasant was remarkable only if it was part of a longer story or if the deed was particularly inhuman and unjust. When Gaius Gracchus, around 125 B.C., wanted to illustrate the "lawlessness of our young men," "their entire lack of self-control," he used the story of a young envoy from Asia who had ordered a herdsman beaten to death by the roadside with the thongs of the diplomat's magisterial sedan chair because the rustic had asked, in jest, if there were a corpse inside the closed carriage.

That a formal apparatus, a detective bureau, for solving murders hardly existed even in imperial Rome is demonstrated in the defenestration of Apronia by her husband, Plautius Silvanus, a praetor. The case was personally investi-

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gated, solved and brought to justice before the Senate by none other than Emperor Tiberius (14 to 37) himself. The ruler of the Roman Empire suspected Silvanus' story that his wife had sleepwalked out the window. Tiberius went to the bedroom and found evidence of a struggle, clawing fingernail marks on the window sill; the emperor used the methods and secured the results of any successful police officer seen in "Hill Street Blues" nowadays.

The maddest murders naturally were associated with the most demented emperors and the pandering lackeys who seemed to survive in their reflected heat. A hatchet man of Emperor Caligula (37 to 41), one Protogenes, merely "darted a sinister glance" at political opponent Scribonius Proculus in the Senate, uttered a simple accusation and sat back while the senators tore their colleague to pieces; they stabbed him with their senatorial pens and heaped his dismembered body at the feet of the emperor.

Poison was a popular weapon of the Roman imperial court. Doctors, such as Xenophon of Cos, did away with emperors, notably Claudius, whose health they were sworn to protect; and emperors, such as Domitian, were suspected of poisoning worthies, such as the governor general Agricola, to collect a share of the inheritance. Juvenal's *Satires*, written around 115, when the Roman Empire reached its greatest extent, hint at the squads of rich wards, defenseless stepchildren, little princes like Claudius' son Britannicus, unsuspecting husbands and rich old uncles by the dozen fed a slice of toad's lung, a cake blackened with aconite or a generous portion of a treated sow's womb.

When plagues or epidemics struck Rome, as under Domitian and later under Marcus Aurelius' son Commodus, rumors of killers striking with poisoned needles raced through the capital. Doubtless some old scores were settled under the cover of medical emergency, as has happened in the terrorism of Northern Ireland and the civil war in Lebanon. Popular consternation over such mass poisoning may seem ridiculous to the modern reader, but similar concerns can grip a medium-sized city nowadays when, as in Ann Arbor, Michigan, a rash of unexplained deaths occurs at the local hospital.

Adultery was a notorious crime of sex in Roman times, since wounded pride and extensive financial holdings in the form of dowries and inheritance could be involved. The first emperor, Augustus (who died in the year 14), was too embarrassed to punish adulterers who later married, but he forced a favored freeman into suicide for carrying on with "Roman matrons," unnamed.

As punishment for adultery, a common woman might be clad in a man's toga and ridiculed in public, but aristocratic ladies (especially those involved with senators teetering on the edge of treason) were banished. Men who committed adultery with notorious imperial princesses, like Augustus' daughter, Julia, were often executed. Julia spent the last 20 years of her life on an Apulian islet, banished for her excesses. Late in Tiberius' reign another high-born woman, Aemilia Lepida, was forced to commit suicide for confirmed adultery with a common slave.

An offended husband had every reason to suffer in silence if his wife was wealthy. By complaining and insisting on judicial due process, a tribune under Trajan saw his career ruined, his wife sent to an island and half her dowry with a third of her inheritance forfeited to the state. Small satisfaction it was that the lady's centurion lover suffered loss of rank and banishment.

Incest was treated as a major

Agitators and subversives in the eyes of Roman administrators, Christians were tortured, crucified or recruited as galley slaves. They also provided grisly entertainment in the Colosseum circuses.

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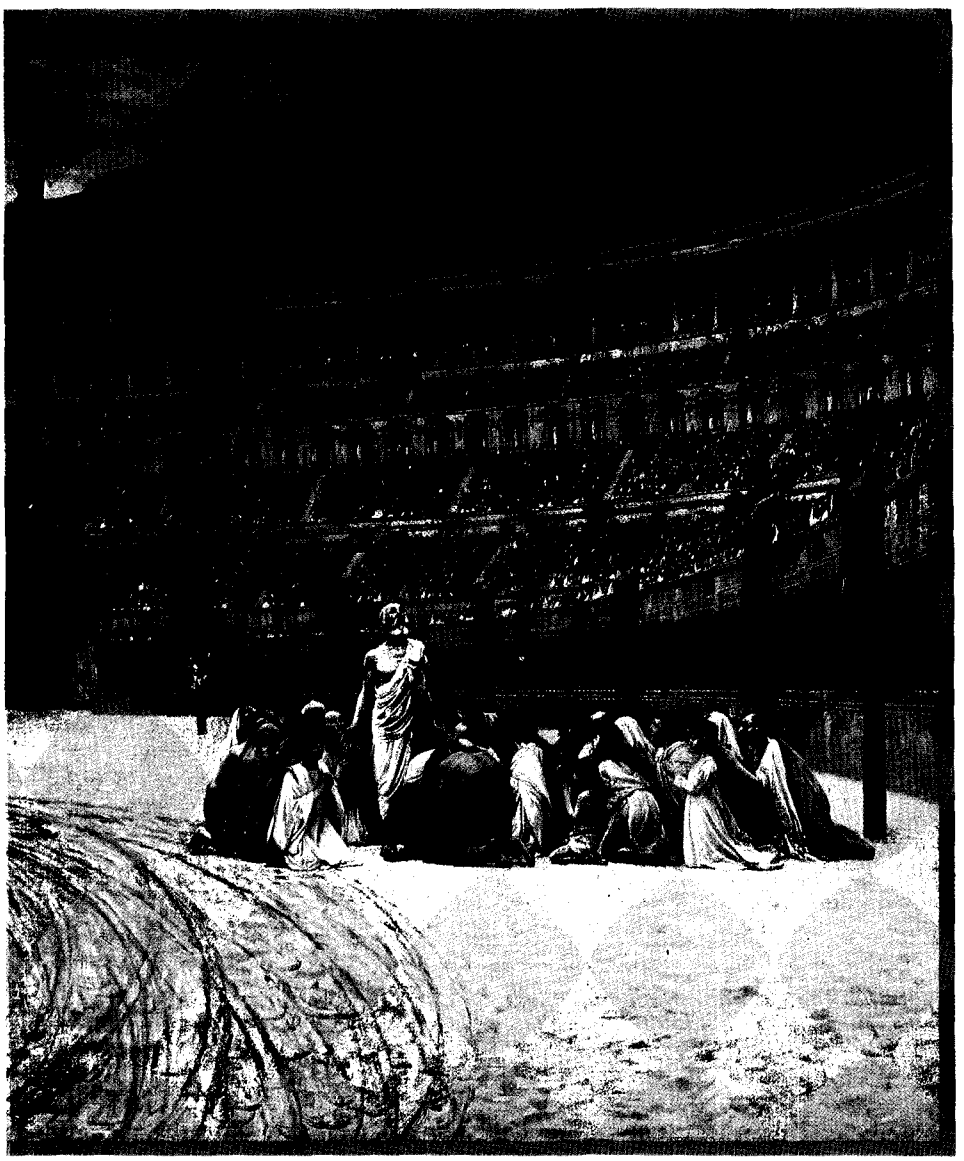
crime, although circumstances could be as judicially murky as cases of adultery. One Sextus Papinius resisted his amorous mother as long as possible; after succumbing, to her and then to his anguish, he jumped off a cliff (or, possibly, out of a window). Mother groveled before the imperial Senate and pleaded weak womanhood, and her life was then spared. She spent the next ten years in exile, while her younger son grew up out of danger. Was incest the crime, or its effect on her noble son? The tawdry career of Emperor Elagabalus (218 to 222) demonstrates that publicly known vices and perversions might not be punishable in themselves but could lead to an emperor's brutal assassination if they interfered with sound government.

Many cases of assault and battery, then as now, were complicated by sex and drinking. When a municipal magistrate named Hostilius Mancinus sued a madam named Manilia, it was not in exercise of his professional responsibility to inspect taverns and brothels, but because he had wished entrance to one of the latter after hours when tipsy. Mancinus tried to break down the door, and Manilia stoned him.

Even knowing the probable consequences, men were as tempted by money in the age of Judas as they are in our world of bank robberies or stock swindles—and were just as adept at "cooking the books" and other shenanigans. In many instances, the refinement of monetary crimes in the far-flung and complex Roman Empire rivaled the most sophisticated financial frauds of the 1970s. In a world of urban sprawl and affluent country retreats, the real-estate operator and land speculator could work on either side of the thin line between sharp practice and criminal scheme. Many civic building projects turned into bottomless pits of money for corrupt contractors and conniving proconsuls. Although the lack of paper money as we know it today kept counterfeiting to a manageable level, plated gold and silver aurei or denarii were produced, in and out of government mints, in sufficient quantities to make scores of magistrates and entrepreneurs wealthy. And the forging of wills or letters of credit made many an imaginative manipulator into a man of substance—even though the hands of a banker caught passing bad coin might be cut off and nailed to his changing table for all in the financial district to see.



The court journals and, in one instance, a painting at Pompeii provide information about another activity that was illegal, but popular with the aristocracy—rioting. Ambitious magistrates staged stimulating, self-promotional spectacles and sports-fights, often in flimsily constructed amphitheaters that collapsed with considerable loss of life. Officials seeking the publicity necessary for higher office, secretly or without shame, enjoyed the chaos and bloodletting that could result from a healthy riot. The emperor Nero himself broke a praetor's head while egging on partisans at a theater-contest.

This short survey of crime and punishment in antiquity can conclude with a few observations from Juvenal on crime and the nature of man, set forth in his *Satires*.

On the inequities of the law: "Many commit the same crime and fare differently: one man gets the gibbet, another a crown, as the reward of crime."

And on the inevitability of punishment: "What man have you ever seen that was satisfied with one act of villainy? Our scoundrel will yet put his feet into the snare; he will have to endure the dark prison-house [presumably only briefly, on his way to harsher justice] and the staple [meaning the executioner's stake or the hook] or one of those crags in the Aegean sea that are crowded with our noble exiles. You will exult over the stern punishment of a hated name, and at length admit with joy that none of the gods is deaf [or blind]."

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SIXTY MINUTES WITH ANDY ROONEY

Money and fame are highly overrated, says the folksy philosopher of CBS' "60 Minutes," and the price of being a celebrity is one he doesn't like to pay.

by Holly G. Miller

From a cluttered corner at CBS headquarters in New York, Andy Rooney sips day-old coffee from a plastic Harris Tweed mug and grumbles about his "overnight" success. It took 64 years to get here, and like money, it's "a pain in the tail," he insists. It cramps his style when he meanders through hardware stores, is a source of embarrassment down at the lunch counter and sometimes causes him to miss the bus to work.

"A writer should be sitting over in the corner watching the dance and not be out there dancing," he muses. "I'm not too keen about my recent well-knownness; I don't handle it very well. If somebody comes up to me on the street and says, 'Hey, I like your stuff,' well, I can't hate that. But it never stops there. Pretty soon he wants to be my best friend. I tend to be rude to people like that."

He comes by his crustiness naturally. He's one of the last of the trench-coat journalists who covered the Big War—World War II—for the print media. He was Sergeant Rooney then, a veteran of several bombing missions and the *Stars and Stripes* reporter who landed on Normandy Beach four days after D-Day to document the invasion of France. Hardly a suave TV personality in the Dan Rather-Peter Jennings tradition, he looks more like a preppy leprechaun with John L. Lewis eyebrows and a fondness for growling at strangers. His bite has earned him a reputation as CBS News' resident curmudgeon, but his bark is more fun than fact. During a recent 60-minute interview with the *SatEve Post*, he was downright hospitable as he shared insights, the day-old coffee and all the comforts of his infamously cluttered nest.

"Sit down, sit down," he urged, beckoning to a black vinyl chair that had a suspiciously gimpy leg. I sat, and the leg gave way and sent me flailing toward a floor strewn with size 8½ EEE shoes, maps destined someday for a wall and a family portrait of somebody else's family.

"I've *got* to fix this chair," he muttered resolutely from a squat position as he examined the now splintered leg.

He means it. An avowed do-it-himselfer, he prefers to fend for himself and refutes the notion that celebrity status translates into clout. Forget the limousines, the house on Long Island, the cadre of secretaries poised to take a letter. He commutes daily from Connecticut via train and bus, pecks out his own correspondence on an Underwood typewriter three years older than he is, builds furniture and bakes bread. He and wife Marguerite still live in the same house where their four children grew up.

"We paid $29,500 for it, and I have no intention of moving out," he says.

His home away from home—the modest cubicle in the CBS building on West 57th Street—has a decidedly less permanent air to it. A hodgepodge of books are stacked every which way on shelves behind his desk and beg to be arranged. A gold-colored statuette, representing some lofty award for past accomplishments, reclines on its backside atop the books and close to a large box labeled simply "Jane's stuff." Pictures, yet to be hung, lean against a sway-backed couch.

"Just move in?" I ask.

He nods affirmatively and adds: "Ten years ago."

The decor is eclectic—a functional jumble of treasures that smacks of the owner. Lampshades tilt uniformly off-center, mounds of paper threaten to obscure the desk; an LBJ-Lady Bird commemorative plate is tacked to the wall, and a grouping of black-and-white Hollywood publicity pictures invite visitors to test their knowledge of film trivia. But it's no contest. Rooney explains the "celebrities" are actually Columbia Studio's rejects—starlets who *didn't* make it big in show biz.

To this unlikely haven comes a network-news crew each week to tape "A Few Minutes with Andy Rooney," the wildly successful p.s. to television's top-ranked show, "60 Minutes." The humorous commentary has earned two Emmys since becoming a permanent feature of the show in September 1978. And that's not bad for a low-budget operation.

"I don't move a thing," says Rooney. "It's been a strange union problem because they say we've got to have a set decorator. But we don't have a set. We shoot right in here. See that microphone? It runs into Bob Forte's editing room. Believe me, we don't fuss with this thing. Sometimes the cameraman will say there are too many white papers on the desk—causes a glare—so I toss some yellow paper on top and say, 'Is this better?' Sure, we make concessions; but it's very homemade. Remarkably homemade."

For the show Rooney generally sits at his desk in front of the jammed bookshelves and to the right of LBJ and Lady Bird. He peers over horn-rimmed half-glasses and addresses issues close to home, wherever home may be. Viewers seldom notice the "set" since his words command their full attention. He's the folksy philosopher who un-

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derstands little things. He manages to say what others only feel, and this ability has established a kinship with "60 Minutes" aficionados. Often sage, sometimes silly, always succinct, his messages zing in on truths common to everyone. He can evoke chuckles when he sounds off on designer jeans and tears when he comments on the pain of growing old. The most common topics become special under his treatment, and his way with words has swelled the ranks of Rooney followers to such proportions that a brief Sunday-evening fix of his humor just isn't enough. Fans have turned in increasing numbers to his three-times-weekly newspaper column—now syndicated in 324 publications—and to his books, the most recent, *And More by Andy Rooney*, a bona fide best seller of 1 million copies in hardback and 2 million in paperback. Still, it's television exposure that has brought about the star status and the high visibility he finds so disagreeable.

"I'm irritated that some people think I only got successful when I did '60 Minutes.' I was doing things I was proud of 20 years ago," he grumbles. "Fame is an overrated quality. I don't think nearly as highly of well-known people as I did before I was one. And *money*. It's a lot like fame. Overrated. Oh, I enjoy having $150 in my pocket instead of $32 or $19, but that's all. Money is a pain in the tail. I'm no good with it—I don't know what to do with it."

Unbelievable? Not so, says Mr. Rooney, although he concedes perhaps once fame wasn't quite as distasteful as it is today.

"I did a piece once called 'Mr. Rooney Goes to Washington' about seven or eight years ago," he recalls. "It was a good piece—an hour long. I remember the next morning a guy came up to me at the bus stop and said he had seen the show and had really liked it. I was pleased. That was about the last time I was pleased."

His impatience with fame is caused partly by his inability to understand why he deserves it. He refutes all claims that he's better than Buchwald, more wry than Rogers or in the same genre as Menken, Twain or Thurber.

"That's baloney. Buchwald is funnier than I am; Menken and Twain were so much smarter. No, I reject that. I'll never last as they have," he protests. "What I do is easy; I can't believe it's special or different. But it's a delight—the most fun I have. I enjoy making it clear to people that we are so basically the same for all our differences. I can't get over the fact that there is a common thread that runs through all of us. We share so many characteristics. It makes the world a little less lonely place to be, and I like that feeling."

His talent for tugging at the common thread comes from his ability to totally tune into his subject. Heightened perception, he calls it, and it's available on command. He explains that when he has to write a column or commentary, he merely turns up his tuner and grabs hold of something he might otherwise overlook. He looks at the subject head-on and dissects it. When the writing is done, the antennae retract and he reverts to being a tourist.

If this perception is a natural gift, it's been carefully honed by the

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Synopsis

In Part I, the author pointed out that Earth is simply a satellite of a small sun in the galaxy we know as the Milky Way. It's not among the more impressive galaxies; however, the galaxy contains some 100 billion suns, many possessing their own planetary systems. What's more, 100 billion known galaxies "out there" with trillions of planets could support some type of life form, but the chance that life could occur on one of these other planets is highly unlikely. We have yet to receive a single radio-telescope signal indicating any civilization among the stars. Assuming the intergalactic spaceships travel at close to the speed of light, a round trip from another planet to ours might require millions of years. So the only known candidates are we earthlings ourselves. There's no doubt we could build saucers had we proper power plant. And we're the likely planet to be interested in doing just that!

Once spacecraft can approach the speed of light, the author pointed out, they have the ability to travel both forward and, quite possibly, backward in time. He also explained how a craft "traveling in time" from past or future supercivilizations would be visible to an earth observer and could be seen accelerating from 0 mph to supersonic speeds and even making "impossible" right-angle turns at these speeds—without harm to the occupants. A two-minute maneuver, from the observer's standpoint, might take two hours in the lives of the time-space travelers.

Projecting time travel as a future earthly development, the author noted that, in light of our current investigations into atomic resources such as fusion and our increasing understanding of the universe, not to expect major breakthroughs in the coming centuries is short-sighted. Only a century ago, powered flight was considered an impossibility, a color television would have been witchcraft and a $5 digital watch beyond the imagination. If time travel is assumed as a possibility, the reported sightings of UFOs make much more sense. We continue with the story as it describes what a present-day viewer (or one in the past) might see when those future time travelers (our progeny) drop by:

FLYING SAUCERS: ARE THEY US?

There may be some interesting side trips in store for tourists in the 31st century—such as whirlwind visits to the "good old days" of 1984.

by Donald A. White

Illustrated by Marcus Hamilton

Conclusion

What does the earth viewer actually "see" when he sees a flying saucer? Actually he "sees" the craft itself; what he doesn't see is the "bubble" of future time and space surrounding it. When this invisible bubble surrounding the saucer is imposed on our present atmosphere, an ionizing effect on our atmosphere may be assumed. This effect would account for a variety of phenomena—such as a glowing or shimmering effect (similar to the aurora borealis)—and would also reduce the ability to take clear photographs. A heavy ionization of our atmosphere by the intruder would resemble a glowing globe of light seen at night.

Since this space-time warp is normally invisible—although it surrounds the time-traveler's visible craft—describing it would be similar to the difficulty of explaining a visible group of people sitting in easy chairs, sipping drinks and whisking by you in the sky at 500 miles an hour in an *invisible* jet aircraft! (And imagine your difficulty explaining radio, television, atomic power or powered flight in the world just 100 years ago!)

As future man learns to navigate his past, his time machines will evolve—just as our present-day automobiles and planes have evolved. Consequently, the sizes, shapes and purposes for these special craft will be many. Some of these craft may contain future dependents of yours, whereas others may be compact and controlled by computerized robots —special-purpose craft, miniaturized to conserve power.

Other, smaller objects, or "mysterious balls of light or fire" (often reported by UFO viewers), may simply be the waste products of some experiment, possibly an unobserved flight through time—yet one that left behind small pockets of ionized air (as a welder casts off sparks).

Of course, these time-traveling ships from the future can be built centuries apart, so it's quite conceivable that flying saucers come from a span of many centuries. In the same manner that we must now wait for the ideal moment to send a spacecraft to the moon or beyond (or chance losing it in space), similar natural rules will apply to time travel. Observers over the past few decades have noted "periods of very light UFO activity" in contrast to "very high activity of reliable UFO sightings that cannot be explained easily as natural or man-made phenomena."

Will they communicate with us? It's unlikely that radio waves from the future could penetrate the space-time barriers. There's also Einstein's paradox—plus the rather

continued on page 97

The author is the grandson of the man who corrected Einstein's theory and a fourth cousin of the Wright brothers. He also has several patents in the electronic field, "But not," he promises, "anything that goes bump in the night!" He has suggested that *Post* readers who may have seen UFOs clearly enough to identify detail, actions, date and location drop him a line in care of the *SatEvePost*. It just might make the basis of an interesting future story.

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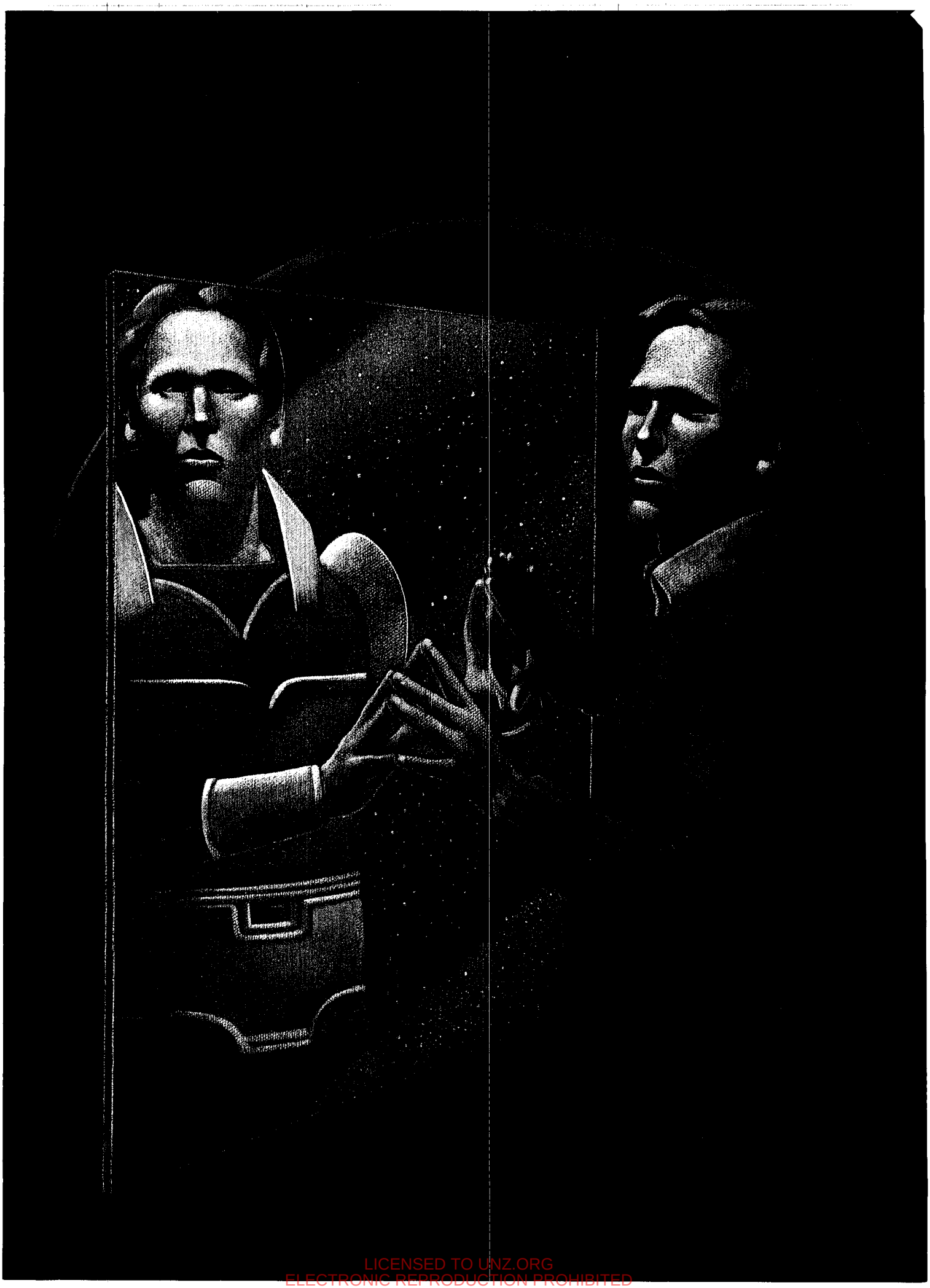

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MIRACLE IN THE RAIN

It was a remarkable thing to have happen—she didn't even know where he had come from, but the pleasant young soldier had brought fun into her life for the first time.

by Ben Hecht

Synopsis ***Ruth Wood's life was uneventful. By day she worked at an office; by night she cared for her invalid mother at their small New York City apartment. Then, by chance, Ruth met Private Art Hugenon, a jovial young soldier. They dated and Ruth's friend Miss Ullman was sometimes invited along. On one date, Ruth bought Art a Roman coin as a good-luck charm. Art has just told Ruth he is leaving. She has asked, "For where?"***

Part II "Overseas," said Art. "I've only got time to say good-bye to you. And listen, write me, will you? Send your letters to this address." He put a slip of paper in her hand. "They'll be forwarded. And don't worry if you don't hear from me for some time. I'll be off the mailman's route for quite some time."

"Oh, Art," said Ruth, and leaned against the building.

"Darling," said Art. He looked at her for a moment, his smoky gray eyes smiling, his wide mouth turned up eagerly. Then he put his arms around her and held her tightly. "Write me, please," he whispered. "I'll think of you every minute."

"Yes," said Ruth.

"I'm wearing the lucky piece you gave me," said Art, "the genuine Roman coin. So you don't have to worry about anything. And I don't either." He looked at her now as if he were going to cry out something wild, and a number of people who were going to lunch on 29th Street turned curiously toward the spectacle of a tall soldier holding a girl in his arms.

"I love you so, Ruth," he whispered. "You don't know how wonderful you are. Nobody does. Only me. Darling, kiss me once, so I can remember when I'm on the jungle island."

Her lips felt his face, then his mouth. She was conscious of his face gleaming close to her, of his warm lips, and for the minute they stood together she felt as if the sky had come down and covered her with all its beauty.

"Good-bye," said the whisper on her lips. When she opened her eyes she was alone.

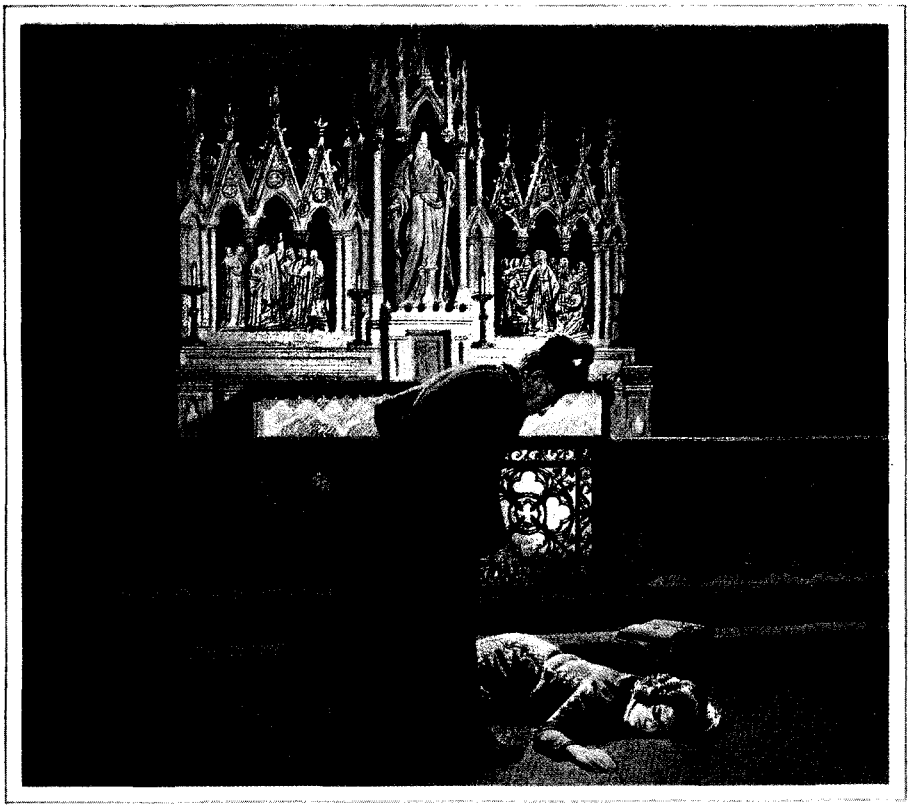
After the supper dishes had been washed and put away, Ruth sat each night writing. It took two or three nights to finish a letter. Finding the words that would say the things she felt required time. But she loved this time. She dreamed of it all day. When pain rose in her throat during the day, she had only to remember that in a few hours she would be writing and speaking to him.

Her mother sat watching her as she wrote, but she didn't mind this. Sometimes she even wrote about her mother: "Oh, Art, I understand her so much better now. Because she is waiting for someone who will never come back, and that is so much worse than waiting for someone who will very soon come back. And it is no wonder she has never smiled or spoken to anyone, because how could you if someone you were waiting for never came back? Oh, Art, when I see you again I will look at you so long that you will think I am crazy."

Miss Ullman sat in the crowded lunchroom with her assistant and talked about Private Hugenon.

"It's too bad we didn't ask him some questions," she said. "Then we would know where his folks live and might get some news about him from them."

"I don't think he has any folks," said Ruth. "Besides, I'll get a letter



Then she fell forward. One of the priests who had often seen her kneeling at the shrine came to her and lifted her up.

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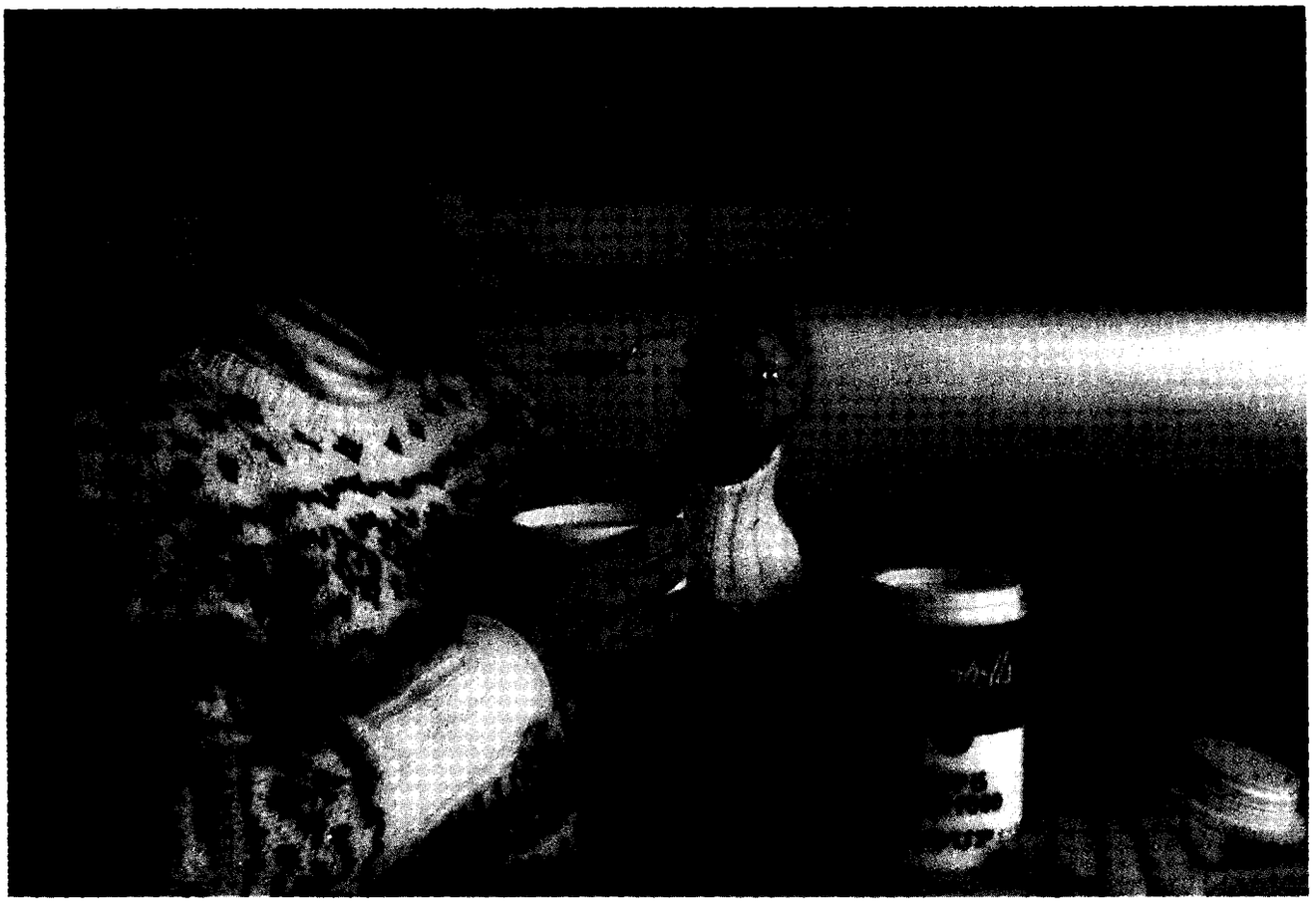

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—ROSALYNN SUMNERS
WORLD & U.S. FIGURE SKATING CHAMPION

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That's why she made Campbell's Soup an important part of her nutritionally balanced training diet.

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"Soup gives me a little bit of everything, without weighing me down. It also fits right into my training program. That's because it's nutritious, fortifying, and light."

Currently, Rosalynn is in training for the 1984 Winter Olympics that will take place in Sarajevo, Yugoslavia. And, Campbell's Soup is not only proud to be part of her Olympic training, but also very pleased to be a sponsor of the U.S. Figure Skating Team.

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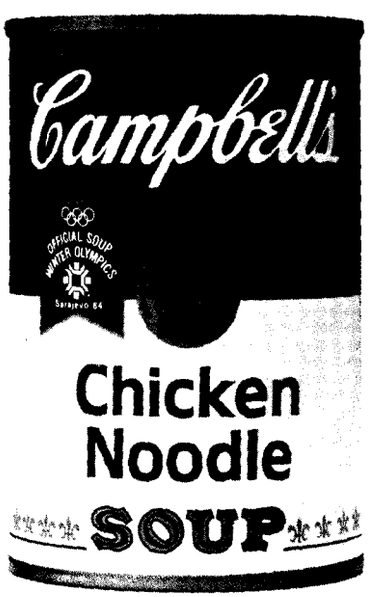

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The participation and appearance of Miss Sumners on behalf of Campbell Soup Company has been sanctioned by and is for the benefit of the United States Figure Skating Association.

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just as soon as anybody, I'm sure."

"It's two months," said Miss Ullman.

"But he's way on the other side of the world," said Ruth, and turned her eyes to the newspaper beside her plate of scrambled eggs.

"Did he ever say what branch of the service he was in?" Miss Ullman insisted.

"No," said Ruth, "he didn't, because I didn't ask him." Her eyes grew tearful and she added softly, "I never asked him about anything. I just didn't think to ask him."

Miss Ullman ate in silence and watched the flushed face of her assistant bent over the newspaper. She noticed Ruth was reading a story of American troops fighting in the Solomon Islands.

It was a hot night. Ruth sat at the table in the living room, writing. The three months of writing letters were a timeless memory in her heart. The things that happened, the streets growing light and turning dark —these did not make days for her. She looked at the room in shadow and at the piano. She could hear again his voice and watch his smile and the way he moved. And as always when she brought him to her eyes, a panic turned her heart over, and she could not think for a moment, but only feel as she had felt that only time he had kissed her.

But all remembered things that had actually been were a small part of her treasure. The greater part was something outside the reach of words. It would be there in the morning streets, in the faces of the crowd, in the tall buildings, in the sky and the window signs and the office people. It was the glow of friendliness that surrounded her wherever she moved. She had become part of everything she saw, as if the world were eager to embrace her. Her heart, so long used to sitting like a lonely child in the dark, found company everywhere now. Everything that smiled or moved or stood still and looked beautiful was its companion. And all the joy that life gave her now she brought like a gift to the image of her faraway soldier.

The doorbell rang once, and Ruth looked up from her letter. The ringing of the doorbell frightened her, so she could not move for a moment. No doorbells ever rang in her home at this hour. The mailman handed her the letter and asked her to sign her name in the book. The heat-heavy night pressed against her as if it were another visitor on the steps outside.

She closed the door and opened the letter. It was not from him. It was typewritten and very neat. It was engraved on top. Her heart was pounding too much and she couldn't read it. But the typewritten words were already in her head. They said Arthur Hugenon was dead. They notified her he had died bravely in battle in an advance against the enemy. She was being notified because Private Hugenon had requested that if anything happened to him, word be sent to her alone. Then she read the letter again. But although the words jumped about, they had failed to change. Private Hugenon was dead. He had been killed in an advance on the enemy in the jungle surrounding the Guadalcanal airfield.

Oh, yes, the jungle, thought Ruth. He had always talked about the jungle. She stopped to remember, and the words went clearly through her head, "Think how surprised you would be if you were cast away on a jungle island in the rain for ten weeks and suddenly saw a girl standing beside you."

Private Hugenon was so alive as he said this over in her head that the letter seemed to tell a horrible lie. She read it again. Then she stood still and looked at nothing. Her mind felt white, as if everything had disappeared from it. Private Hugenon stood beside the piano, his head lowered, his wide mouth tipped in a smile, his humorous nose and humorous eyes a bit pensive, and said to her he was dead somewhere in a jungle. But she did not answer him.

She turned her back on the piano and went to her bed. She undressed slowly and lay down. She stared at the ceiling and tried to think of something. But no thoughts would come to her. When the alarm clock rang at a quarter to seven, her eyes were still open and her heart was still empty, as if the heat-heavy night had blotted it out.

The office people buzzed with the tragedy of the bookkeeper's assistant. They looked furtively at the pale girl and felt themselves near to heroism. A soldier one of them had loved had died bravely in battle, and this brought the war into the office and stood it beside every desk.

Miss Ullman went to lunch with her assistant each day and went home with her after work. She was worried about the silent, placid face of her friend.

When they were alone she said, "Come on, let's talk about him. It'll be better if you do. Remember, I was his friend, too."

To this Ruth answered, "There's nothing to talk about."

"You might tell me what you're thinking," Miss Ullman said.

"I'm not thinking about anything," Ruth said.

This was true during the daytime. During the night Ruth lay and looked for hours into the humorous face of Private Hugenon. He stood in the corner, his head slightly lowered, and regarded her pensively. Or sometimes he raised his head and his mouth smiled as if he were going to laugh. When she saw him

"... and what did they charge to clean up Junior's room?"

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thus in her mind, a hand seized her heart as if it were going to squeeze it into nothing.

The change that came to Ruth began to worry Miss Ullman. She could not understand how anyone as sweet as Ruth could become so bitter and hard. It would have been easy to understand if she had cried and been unable to come to work because of grief. But Ruth came to work every day on time and never cried, but grew more and more rasping and took to sneering at everybody. And in her home she spoke angrily to her mother and ordered her to bed. Miss Ullman, wondering how to help her friend, could think of nothing except to remain at her side as much as was possible.

One Sunday, walking in the park, Ruth turned to her and said suddenly, in a voice that made her shiver, "I hate this. I hate them all." She was looking at the people lying on the sunny grass. "You always keep asking me what I think. Well, I'll tell you. I want to die, because I hate everything. I can't stand it."

Ruth began to shake and Miss Ullman's arm went around her.

"Sit down, dear," she said.

"I don't want to sit down," said Ruth, and she raised her voice. "It's such a damn fake. The music playing and people walking around. So damn smug. You, too. Everybody. I don't want to see you any more."

Ruth pulled herself away from her friend's arm and ran off through the park. Miss Ullman could not understand Ruth because she herself had never known hope.

On Monday morning Miss Ullman waited eagerly for her assistant. She looked quickly at her face when she came in. It was cold and without the light of greeting.

At six Miss Ullman said, "Do you mind if I go home with you?"

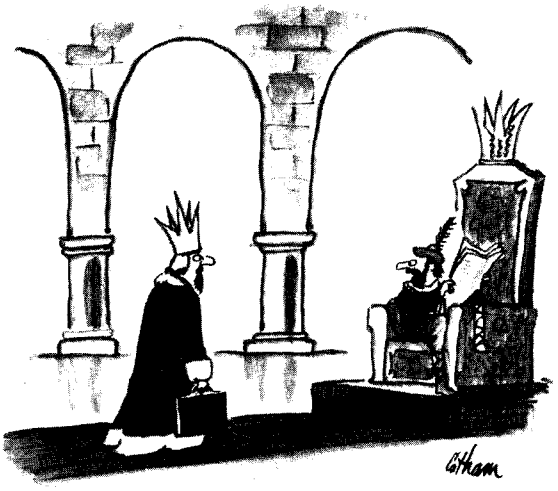
"I'm not going home," said Ruth. "What should I go home for? If she's too sick to get her supper, let her go without any."

The two went to a small restaurant and sat in a dim corner. Neither spoke. Here, for the first time, Ruth cried. Her tears began unexpectedly. She stood up blindly and walked out of the restaurant. Miss Ullman went with her.

They walked together until Ruth came to the corner where they had once stood waiting on a Saturday afternoon for the appearance of Private Hugenon.

Here the girl stopped and half hid herself in a dark doorway and stood looking with streaming eyes into the crowded street.

The little bookkeeper finally took Ruth's arm and said in a shaking voice, "Oh, please, let's go somewhere."



"Your Majesty! What are you doing here on a Saturday?"

Ruth followed her without asking where, and an idea came to Miss Ullman. As they walked through the war-dimmed streets, the girl's head drooped and she moved without sight, guided by Miss Ullman's hand on her arm. Behind her tears a thought repeated itself dully. She wanted to die. Everything that had been so wonderful—the faces of people and the tall buildings, the sky and the window lights—these were gone. She was back again in the little corner where she had always sat like a lonely child. But the corner was darker now and the loneliness deeper, and she would rather die than return to it. Her dream was gone, and her hope, and the magic smile lay dead in a jungle. Thus she moved, guided by the bookkeeper, up a flight of wide, stone steps.

"I thought we would go in here," said Miss Ullman. "It's St. Patrick's Cathedral. It's very nice inside. And very restful. You don't have to do anything. Just sit down and rest." And she walked through the outer doors into the body of the cathedral and held the girl's arm.

The hush and height of the great room startled the weeping girl. Dark wings seemed to spread above her. Around her a light glowed faintly, as if fearful of breaking a silence. And far away, as if this were not a room but a wide land with beacons, candles shone.

The girl stood awed by a sense of invisible elegance, and her eyes looked frightenedly for Miss Ullman. She saw the little bookkeeper kneeling in an empty space with her head hung, as if there were nothing to see in all this sweep of shadows and shrines.

Ruth remained standing against the wall. The tears dried in her eyes, and she could see more plainly the many-pointed golden altar in the distance and the mute statues along the wall before which red and yellow candle cups were burning. Then she saw how almost empty the rows on rows of benches were. In the great and vaulted room sat only a handful of people—a sailor and an old man, a trembling old woman and a young man and woman together, making a lonely pattern of attendance. The figures she could see did not seem to be praying, but merely sitting, as if they were resting from something. *They're all thinking of God,* Ruth said to herself, and the words confused her as if she had said something silly.

No usher appeared, but finally the very silence came to her elbow and bade her move. She started walking down the aisle in front of the statues. *Oh,* she thought, *they're supposed to be saints.*

The saints stood in niches behind a marble rail with candles in front of them, and they looked festive and well attended, even though all the worshiping places were empty. The girl walked by the beckoning marble effigies heedlessly, a lonely figure in

continued on page 94

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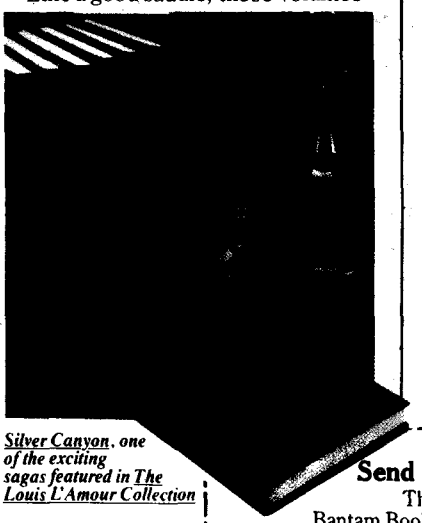

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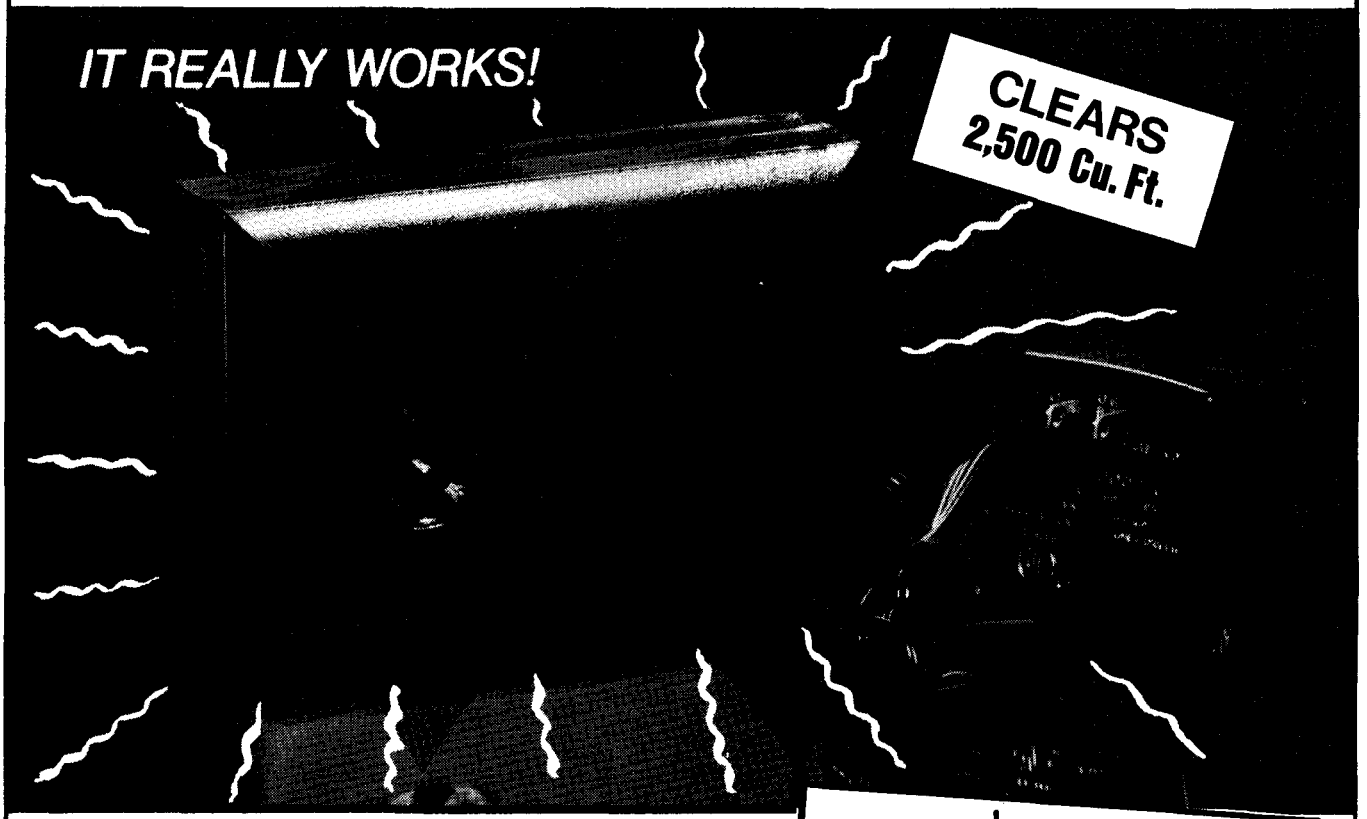

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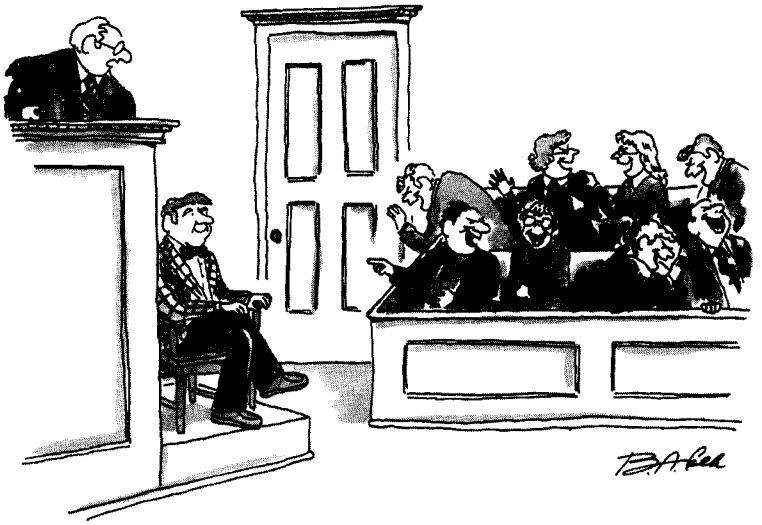
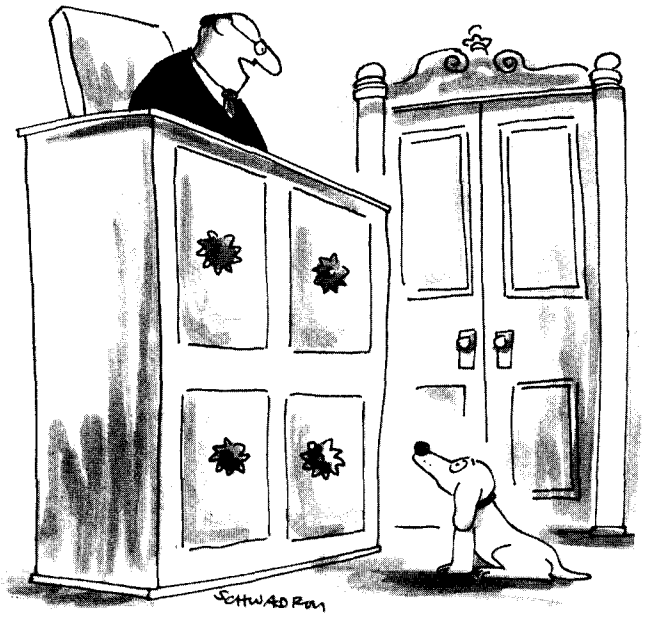
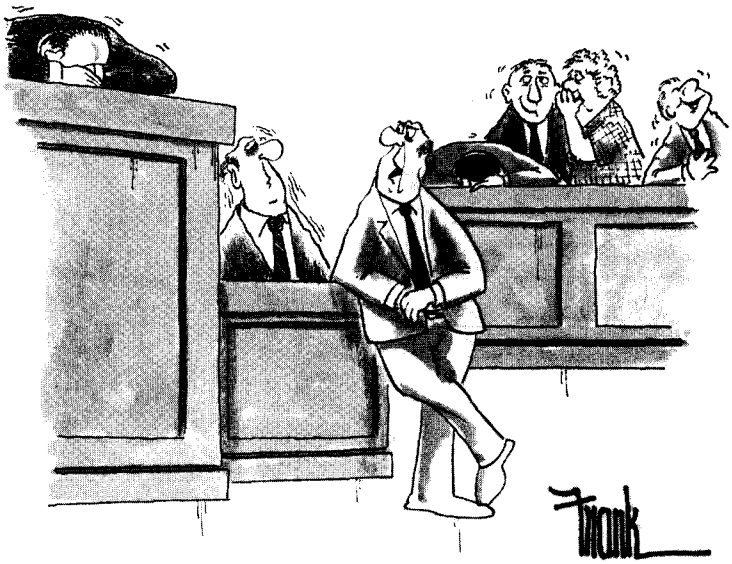
DAZE IN COURT



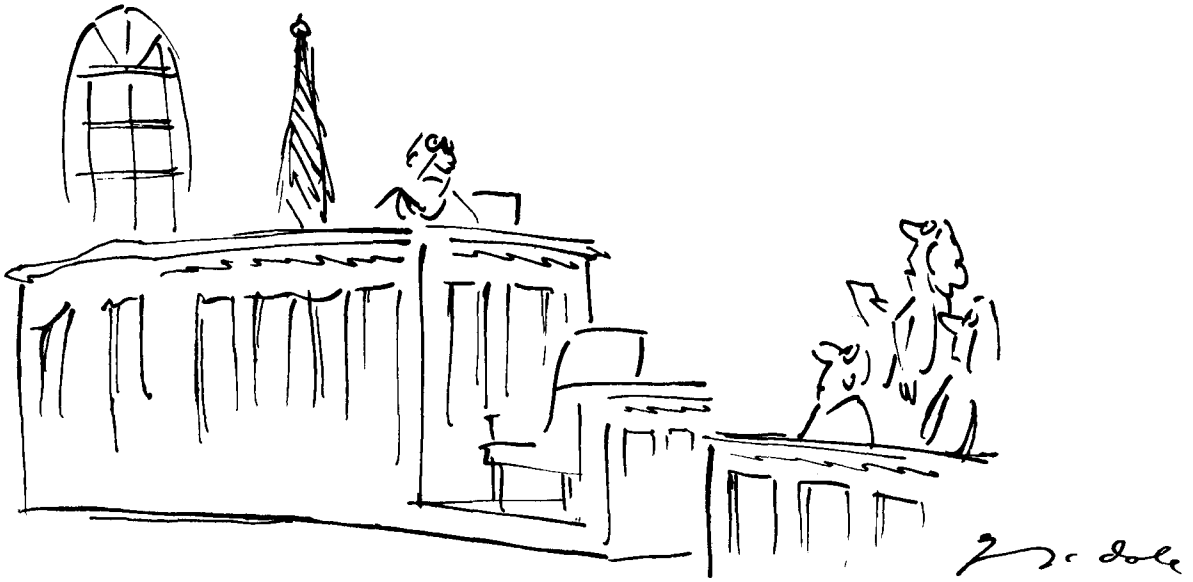
"The witness will confine himself to a simple 'yes' or 'no' answer!"



"Yours is the first breaking and entering and wetting-all-over-the-floor charge I've ever had to deal with."



"Of course, by now you realize your testimony has not been very convincing. . . ."



"We find the the defendant guilty, short, fat and repulsive."

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One-of-a-kind personalized coffee mugs. 5 styles: [A] flared; [B] barrel; [C] travel mug/skid proof rubberized bottom; [D] straight; [E] tapered. Colors [1] blue; [2] orange; [3] brown; [4] green [5] tan-speckled. $8.95 postpaid. Jackstraw Enterprises, 12 Parkland Drive, Fairport, NY 14450.

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Initials: horse, cat, frog, dove, anchor, owl, clover, art, music, sun, love, ichthus, mushroom, butterfly, unicorn. Blue ink on white gummed 1⅝" x ½" labels. 4 name/address lines, 22 letters/spaces per line. 500, $3.95 + 50¢ post. per set. Universal Label Center, Dept. SP-84, Box 5, Boston, MA 02101.

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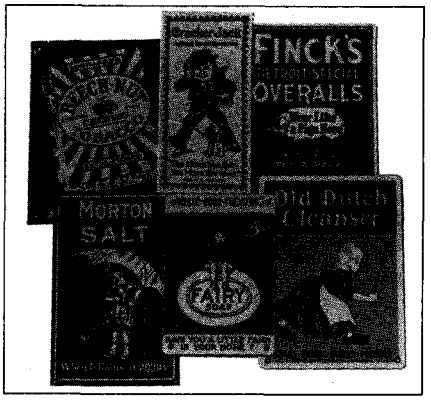
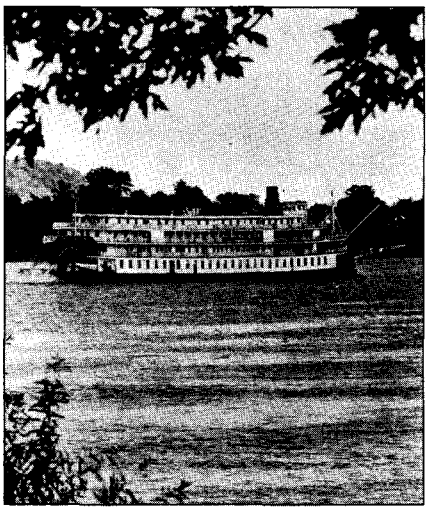
Adjustable leather buckle straps for perfect fit on a cushioned insole and 1¼" covered wedge heel. White, beige, camel or black. Full and half sizes: 6-10 +11 N&W; 5-10 +11M. $19.95 + $1.95 p&h for one pair. Two pairs for $36.90 + 2.95 p&h. Old Pueblo Traders, Dept. BCG1B 3740 E. 34th St., Tucson, AZ 85713.

Signs of Yesteryear



Reproductions of advertising signs. Beechnut (9 x 12") $17.95; Cracker Jack (6 x 12") $14.95; Finck's Overalls (9 x 12") $17.95; Morton Salt (8 x 12") $14.95; Fairy Soap (7 x 10") $14.95; Old Dutch (9 x 13") $19.95. Add $2 shpg. Holst, Inc., Dept. SP-384, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Delta Queen



The Mississippi Queen and the Delta Queen explore the length of the Mississippi River from New Orleans to St. Paul, and the Ohio River from Cairo to Pittsburgh. Suites, staterooms and cabins for 2-to-11 night vacations year round. Delta Queen, 511 Main St., Cincinnati, OH 45202.

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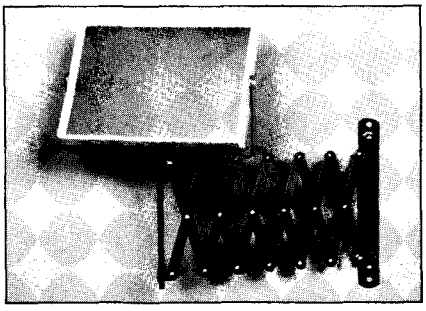

your hair with hands free. Two-sided mirror swivels. Extends 30" from wall on seven extension arms. 6½" x 8" mirror. Folds flat, chrome-plated steel. $19.95 plus $2.85 pp. Holst, Inc., Dept. SPM-384, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Aids to Independent Living

A booklet from Whirlpool Corporation that is filled with ideas for modifying major home appliances to meet the needs of disabled persons. For your free information booklet write to: Appliance Information Service, Whirlpool Corporation, Administrative Center, Benton Harbor, MI 49022.

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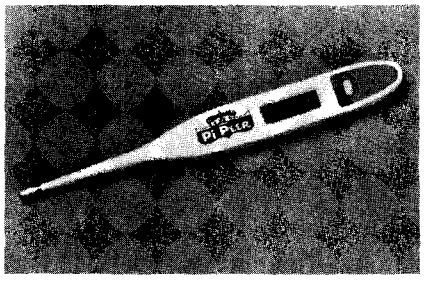

order, send $19.95 plus $1.00 for postage and handling to: Nelkin/Piper International, Dept. SE113TH, 811 Wyandotte, P.O. Box 807, Kansas City, MO 64141-0807.

Free recipe brochure

Versatile Mother's Oat Bran can become a natural, high-fiber part of any meal. This free brochure contains nine delicious new recipes for everyone who enjoys cooking with natural ingredients. Send requests to Mother's Oat Bran Recipe Offer, P.O. Box 2616, Highland Park, IL 60035 (offer good while supply lasts).

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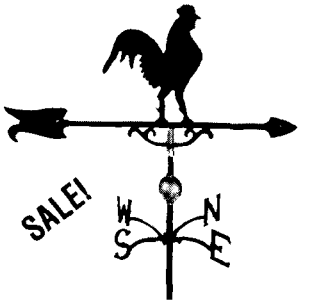
WIND DIRECTION AT A GLANCE



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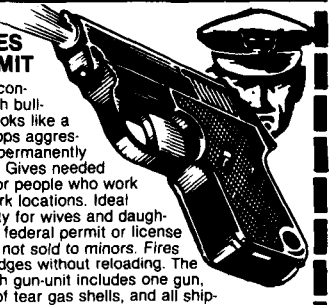

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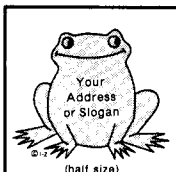

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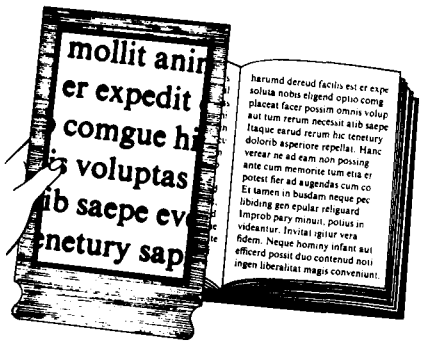

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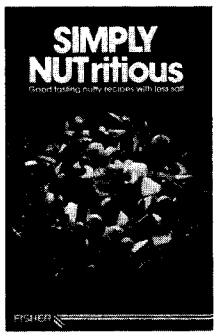

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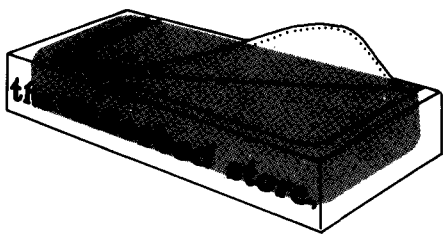
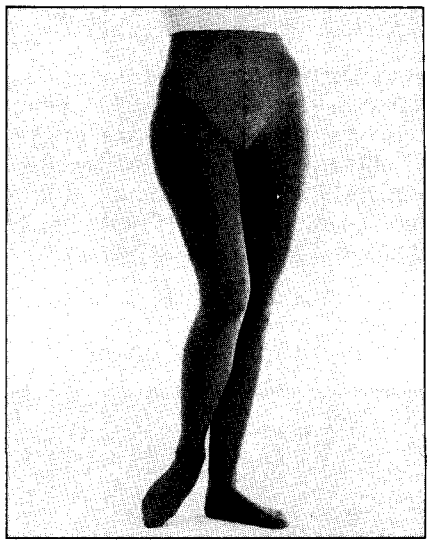


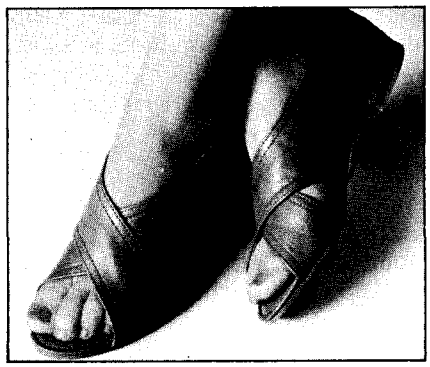
clean and out of the way. Heavy-gauge, clear-vinyl storage chest has full zipper. 42"x18"x6". Folds flat when not in use. Send $6.95 + $1.45 p&h; 2 for $13 + $1.85 p&h. Holst, Inc., Dept SPB-384, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Bubby's stockings and pantyhose



Special blend of 25% wool, 50% polyester and 25% stretch nylon. Worn by thousands of satisfied customers. $9.99 pr. Superbilt Hosiery Sales Co., Dept. SP2, P.O. Box 35610, Tucson, AZ 85740.

Crossover



The insole is the key, with extra cushioning. Crossover straps of soft leather, a sturdy sole and ½" heel give you complete support. Camel, white, black, bone, navy or red. In full & half sizes 6-12 N, 5-12 M/W. $19.95 and $1.95 p&h. Old Pueblo Traders, Dept. BCG1A, 3740 E. 34th St., Tucson, AZ 85713.

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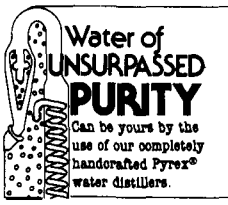

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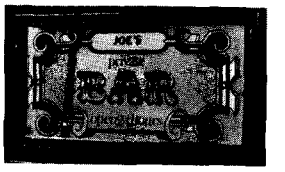

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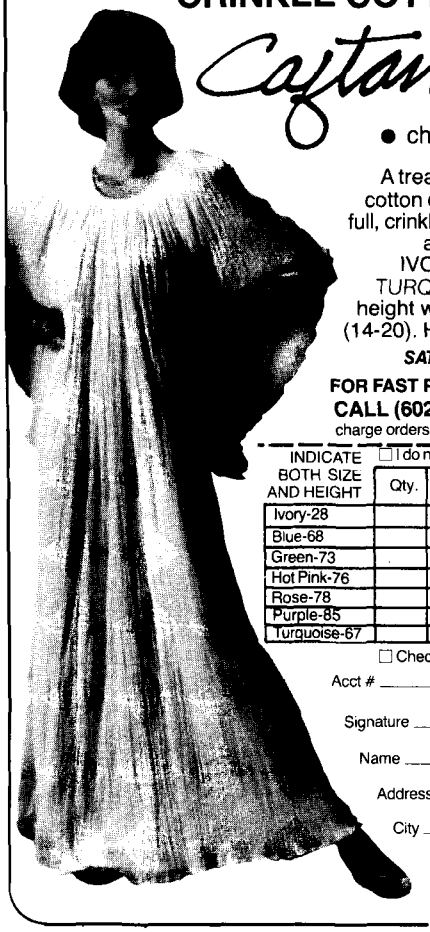

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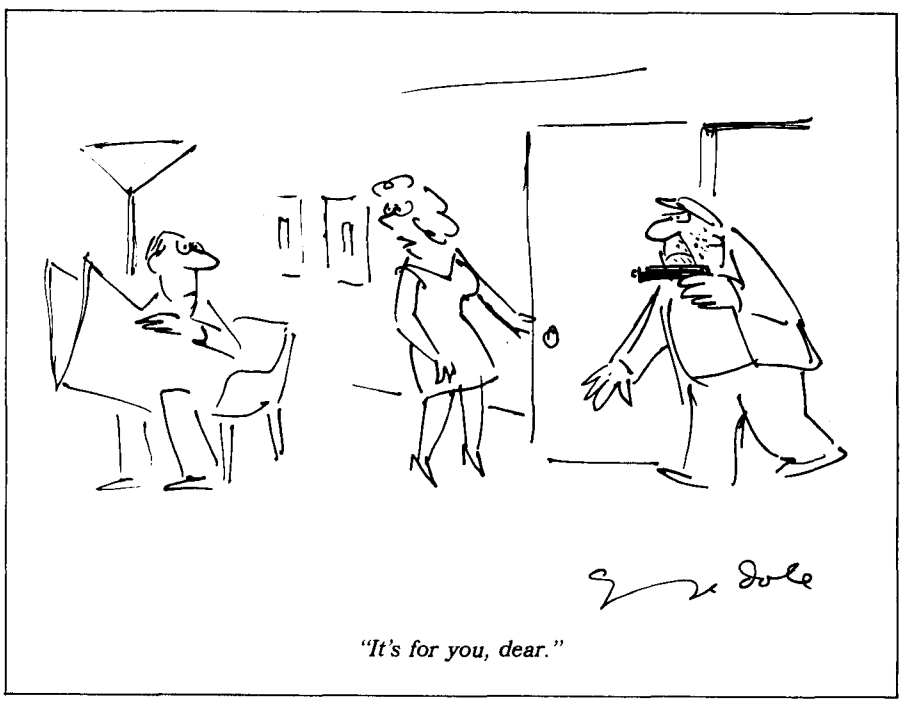

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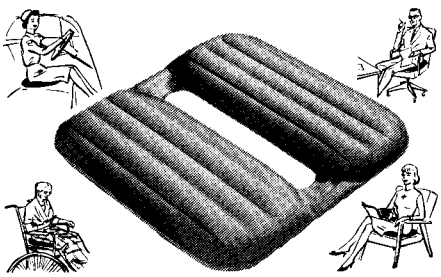

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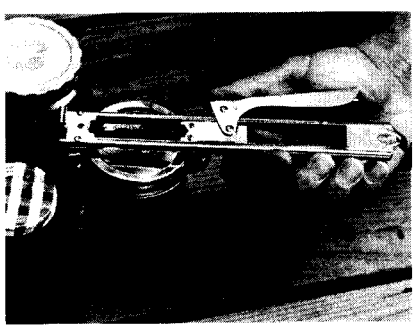

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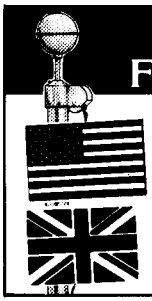

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Especially needed are issues published before 1941, although our archivist will be grateful for copies bearing any date. Your search of the attic for old *Posts* will not go unrewarded. Besides the pride of having a part in building this literary heirloom of tomorrow, your contribution can be used as a tax deduction.

Values of these SatEvePost covers range from $5 to $500 per copy. Covers by Guernsey Moore, Anton Otto Fischer, Sarah Stilwell Weber and Ellen Pyle also will be prize additions to our *Post* archives. So. . .won't you please take a look in the attic today, and start those old *Posts* on the way? Write: Archives, The Saturday Evening Post Society, 1100 Waterway Blvd., Indianapolis, IN 46202.

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FOOD

RISE TO THE OCCASION WITH HOME-BAKED BREAD

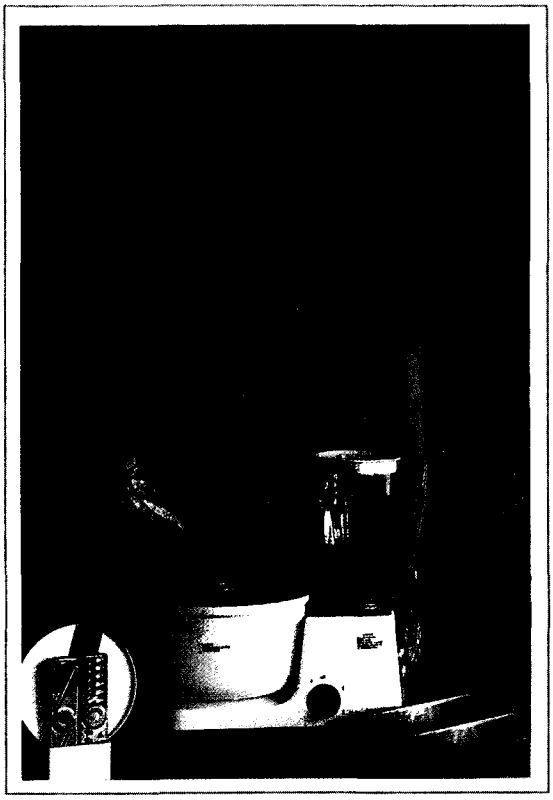
It takes a little extra time and muscle, but bread baked from scratch pays off in health and dollars as well as in delightful scents.

by Jodi Taylor

I bake my own bread. There are many good reasons to do so. Homemade bread has more nutritive value, costs less and has better flavor than the store-bought variety. But I must confess, I don't bake it for any of those reasons. I make it because it smells so good in the oven! The aroma of baking bread is the most heavenly scent that can come from any kitchen.

One can of course take the shortcut and use frozen breads that require being popped into the nearest oven. These breads have the aroma but often lack the flavor, nutritional content and fresh taste of homemade.

Making your own bread takes a little extra time and a little extra muscle, but I find the results worthwhile. Even having a husband, two children and several part-time jobs, I bake once a week. I do it by budgeting the time during risings to catch up on household chores and to prepare other dishes. And I always separate a portion of the dough to make other treats, such as crust for a pizza, which is one of my family's favorite dishes.



Making bread is not too difficult if you follow the general guidelines. It's worth the effort just for the freshly baked aroma, not to mention the healthful fiber content. Use the dough for other treats, too.

Although bread can be made in many shapes, there are only two basic kinds of breads—yeast breads and quick breads. Quick breads, made with baking powder, are fairly straightforward recipes and are generally easy to make. It is the yeast breads that may have caused you frustration in the past, but it's not really difficult to get good results if you follow the general guidelines:

1. First, make the sponge or the yeast mixture. When you measure the desired amount of water, make sure the water does not exceed body temperature. It should be lukewarm, but not so hot that it kills the yeast.

2. When you add the yeast, make sure it is at room temperature. Whether you are baking with bulk yeast, individual packets or cake yeast, always use the freshest available. You'll need a drop of sweetener to help the yeast work. I usually use honey, but apple-juice concentrate, molasses or sorghum will work as well. The yeast mixture should be allowed to stand for five minutes.

3. Now transfer the yeast mixture to a bowl and add the amount of flour called for in the recipe. The bowl should then be covered with a damp cloth for 30 to 60 minutes to allow the sponge (as this stage of the dough is called) to rise.

4. Now comes the fun part, the mix. The mix includes all the ingredients that make your bread special. It can include a sweetener to add flavor, margarine or oil for moistness and tenderness, eggs or dairy products, cooked or sprouted grains or fruits and nuts. The mix should be well combined and then added to the sponge.

5. Before you wash your hands, feel your ear lobe—that's the consistency the dough should have when thoroughly kneaded. Begin to add your remaining flour to the mix, one cup at a time until you can no longer stir by hand in the bowl. Turn the dough onto a floured surface and knead in the remaining flour. Knead the dough until it loses its stickiness and has an elastic texture. This usually takes 15 to 20 minutes. Remember, the key is not to add a lot of flour but to work the gluten or the protein-containing part of the wheat as well as possible. Take the well-kneaded dough and turn it into an oiled bowl. Allow it to rise for the prescribed amount of time in a warm place.

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6. The final step is to prepare your pans for baking. Be sure they are generously oiled. You may wish to sprinkle poppy or sesame seeds in the bottom of the pan. A little corn meal is also nice.

Divide your dough and place it in the pans. If you want a soft crust, brush some margarine or oil on top just before baking and once more when the bread is done. You can tell when the bread is done if it gives a hollow sound when you thump it with your finger. The most common baking time is 35 to 45 minutes.

The following recipes are filled with fiber in the form of oat bran and wheat bran. In most yeast breads you can easily substitute oat or wheat bran for some of the flour.

Multigrain Pecan Bread
(Makes 1 9" x 5" loaf)

1 egg
1 cup 1% milk
1 tablespoon safflower oil
¼ cup honey
¾ cup oat flour
¾ cup rye flour
¾ cup whole-wheat flour
¾ cup barley flour
2 teaspoons low-sodium baking powder
¼ teaspoon salt (salt substitute)
1 cup pecans, chopped

Beat the egg, milk, honey and oil together. Mix the flours, baking powder and salt or salt substitute together, and stir into the liquids. Fold in the nuts. Pour into an oiled loaf pan. Bake at 350° F. for 1 hour. Cool on a rack.

Dill Onion Bread
(Makes 1 loaf)

1 package dry yeast
¼ cup warm water
1¼ cup warm, low-fat cottage cheese, creamed
2 tablespoons honey
2 tablespoons onion, minced
1 tablespoon corn-oil margarine, melted
2 teaspoons dill seed
½ teaspoon soda
1 egg, unbeaten, plus 1 egg white
2 cups whole-wheat flour

Soften yeast in water. Combine in mixing bowl the following: cottage cheese, honey, onion, margarine, dill seed, soda, eggs and softened yeast. Add flour gradually to form soft dough, beating well after each addition. Cover and let rise in a warm place until double in bulk, about 1 hour. Knead dough, turn into well-greased casserole dish or loaf pan. Let rise 30-40 minutes. Bake at 350° F. for 40-50 minutes.

Cheese and Tomato Loaf
(Makes 1 loaf)

1 cup yogurt
1 cup tomato sauce
3½ cups Multigrain® bread mix
1 tablespoon yeast
1 tablespoon Italian seasoning
1 tablespoon vegetable oil
1 tablespoon honey
1 egg
1 cup cheddar cheese, grated (or farmer cheese)

Scald yogurt and tomato sauce; cool slightly. Mix 1½ cups of the bread mix with next 5 ingredients; add tomato-yogurt mixture, blend thoroughly; gradually stir in remaining bread mix and cheese to make a manageable dough. Turn oiled bowl, turning once to coat; cover and let rise until double in bulk. Turn onto floured surface and knead for 1 minute. Shape into loaf; place in oiled loaf pan; leave to rise until double. Bake at 375° F. for 35 minutes or until done. Brush with melted butter (or margarine).

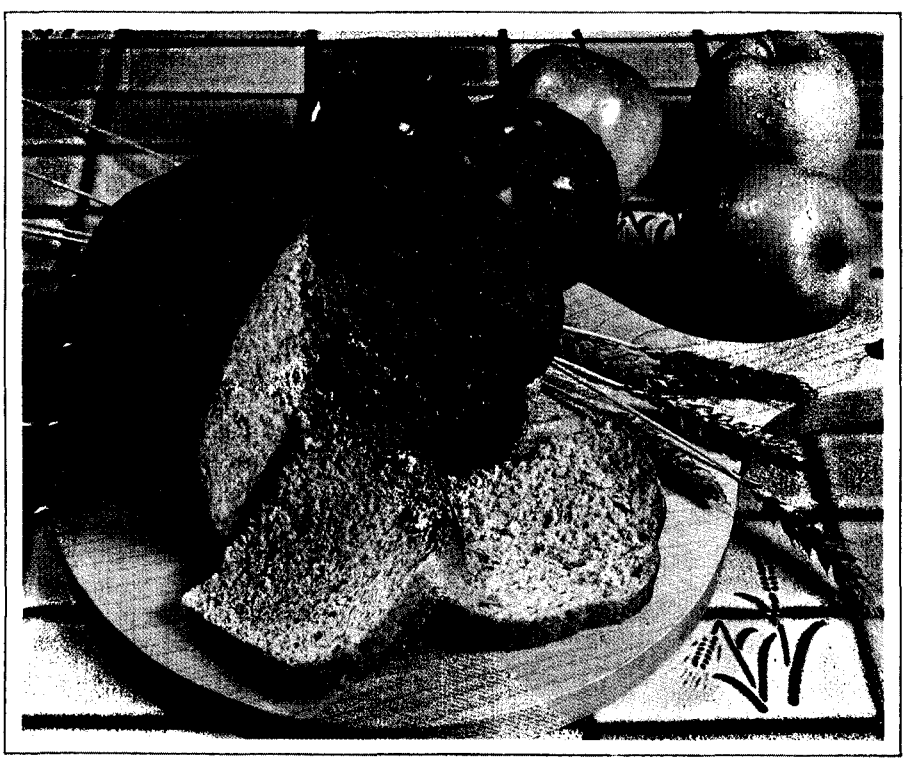
Cornell Oatmeal Bread
(Makes 2 loaves)

½ cup warm water
2 cakes yeast
⅓ cup brown sugar (or ¼ cup honey)
2 cups uncooked oatmeal
2½ cups boiling water
3 tablespoons oil
4 teaspoons salt (we left the salt out)
6 cups flour or more
2 tablespoons wheat germ
½ cup full-fat soy flour
¾ cup skim-milk powder

Place the ½ cup warm water, the yeast, and the brown sugar (or honey) in a small bowl and let stand for 5 minutes. Combine the oatmeal, boiling water and oil. Let cool till only warm. Measure and sift the flour, wheat germ, soy flour and skim-milk powder together. Stir the yeast mixture into the oatmeal mixture. Add 2½ cups of the flour mixture and beat 75 strokes by hand or for 2 minutes as needed. Knead for 5 minutes, or until dough is smooth and elastic. Place in an oiled bowl, cover and let rise until doubled. Turn dough and shape into 2 loaves or make slightly smaller loaves and make a pan of rolls. Let rise until doubled. Bake the loaves in a 350° F. oven 50-60 minutes.

Cornell Whole Wheat Bread
(Makes 2 loaves)

2 cups warm water
2 cakes yeast
¼ cup molasses
¼ cup brown sugar (we left the sugar out)



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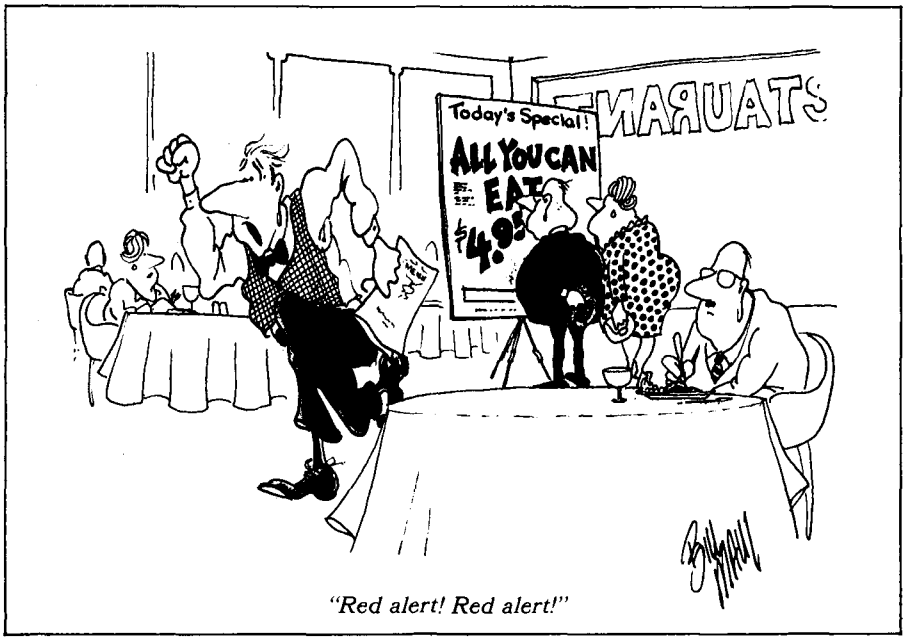
1 egg
6 cups whole-wheat flour
½ cup soy flour
¾ cup skim-milk powder
3 tablespoons wheat germ
2 tablespoons brewer's yeast
2 teaspoons salt (we left the salt out)

Place the warm water, yeast and molasses in a bowl and let stand for 5 minutes. Beat the egg and 3½ cups whole-wheat flour into the mixture. Beat 100 strokes by hand or 3 minutes with an electric mixer. Let this mixture stand while you combine the remaining flour and the rest of the ingredients. Work the dry ingredients into the batter and add as much flour as needed to make a soft dough. Cover the bowl and let the dough rise for 45 minutes. Then mix the dough again, cover and let rise for 10 minutes. Divide dough into 2 portions. Turn out onto a lightly floured breadboard and shape into 2 loaves. Place in coated loaf pans. Cover and let rise until dough reaches the tops of the pans. Bake in a 350° F. oven for 50-60 minutes or until bread is browned and done.

Country Whole-Wheat Bread
(Makes 2 loaves)

3 cups unsifted, unbleached flour
⅛ cup honey)
2 packages active dry yeast
1 tablespoon salt (salt substitute)
1½ cups milk
½ cup water
2 tablespoons margarine
1 egg
1 cup Kretschmer® wheat germ
2-3 cups stone-ground whole-wheat or graham-flour
cooking oil

Combine 2 cups flour, honey, undissolved yeast and salt in large bowl. Stir well to blend. Heat milk, water and butter in medium saucepan until warm to the touch (not scalding). Beat with electric mixer at medium speed for 2 minutes. Scrape bowl occasionally. Add egg and 1 cup more flour. Beat at high speed for 1 minute. Stir in wheat germ with wooden spoon. Then gradually stir in just enough whole-wheat flour to make a soft dough that leaves sides of bowl. Turn out onto lightly floured board. Knead 5-10 minutes or until dough is smooth and elastic. Place dough in greased bowl, turning to coat all sides. Cover with plastic wrap, then a towel. Let rise in warm, draft-free place about 1 hour or until doubled. Punch down. Divide dough in half. Shape into loaves by rolling each piece into a 12"x8" rectangle. Roll up rightly beginning with 8-inch side. Seal lengthwise edge and ends well. Place in 2 greased 8½"x 4½"x2½" loaf pans. Correct pan size is important for best results. Brush dough lightly with oil. Cover pans loosely with plastic wrap. Let rise in warm, draft-free place about 1 hour or until doubled in size. Bake at 375° F. for 30-40 minutes or until done. Use a lower oven rack for best results. Remove from pan immediately. Brush top crust with margarine if desired. Cool on rack. Bread can be stored, covered, in refrigerator for up to 3 weeks or frozen when wrapped tightly in plastic wrap and foil.



"Red alert! Red alert!"

No-Salt Whole-Wheat Bran Bread
(Makes 3 loaves)

3 cups luke-warm water
2 tablespoons yeast
¼ cup honey or concentrated apple juice
3 cups whole-wheat flour (enough to make a pancake batter consistency)

Stir the mixture 100 times with a wooden spoon. Allow to rise in a warm place for 1 hour or until bubbles form and yeast is working. Beat the batter down and add:

2 eggs
⅓ cup unsaturated oil
1 cup wheat bran
1 cup oat bran
3 cups whole-wheat flour (enough to make the dough workable)

Turn the dough out onto a lightly floured surface. Knead the dough for 10-20 minutes or until smooth and elastic, adding flour as needed. Lightly oil the dough and return to the bowl. Allow to rise 1 hour. Divide dough into 3 loaves and turn into bread pans. Allow to rise half an hour if desired, or place in a 350° F. oven for 15 minutes. Reduce the heat to 325° F. and continue to bake for 30 minutes until nicely browned or until bread, when knocked on, sounds hollow. Allow to cool 15 minutes in the pan. Remove from the bread pans. Allow to cool on a wire rack. If a soft crust is desired, place in plastic bags while warm.

Grandmother's Natural Bread
(Makes 2 loaves)

2 cups warm water
1 tablespoon yeast
2 tablespoons honey
2 tablespoons safflower oil
½ cup barley flour
2 cups whole-wheat flour
2 cups unbleached white flour
½ cup oat flour

Blend flours together. Mix together yeast, warm water and honey. Let stand until mixture is bubbly. Add oil and enough flour to make the dough elastic. Knead dough, adding more flour if needed. Place in an oiled bowl; cover with plastic film lightly. Let rise in a warm, draft-free place. Punch down and let rise again. Shape into bread or rolls. Let rise again. Bake in a 350° F. oven 35 minutes or until golden brown.

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Lady Plugs In Zoysia Grass Saves Time, Work & Money

FREE! UP TO 1000 PLUGS!

NEW LOW PRICE

By Jack T. Johnson
Agronomist

Every year I watch people pour time and money into lawns that fail them just when they want their lawns the most.

I see them reseed, feed, water, weed and mow, mow, mow! When it turns to hay in midsummer, I feel like calling out, "For Heaven's sake, when are you going to stop throwing money away and switch to Amazoy Zoysia Grass."

In comparison, I'm always happy to get letters from people who have plugged in my Amazoy Zoysia Grass, because they write to tell me how beautiful their lawns are even in midsummer heat and drought.

Amazoy is the Trade Mark Registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass.

"MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn "...is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in...Last summer, we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

Wonderful? Yes, Amazoy Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll cut mowing by ⅔...never have another weed problem all summer long the rest of your life!

And from Iowa came word that the State's largest Men's Garden Club picked a Zoysia lawn as the "top lawn—nearly perfect" in its area. Yet this lawn had been watered only once all summer up to August!

PERFECT FOR SLOPES

If slopes are a problem, plug in Amazoy and let it stop erosion. Or plug it into hard-to-cover spots, playworn areas, etc.

CUTS YOUR WORK, SAVES YOU MONEY

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement... ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by ⅔.

WEAR RESISTANT

When America's largest University tested 13 leading grasses for wear resistance, such as foot scuffling, the Zoysia (matrella and japonica Meyer Z-52) led all others.

Your Amazoy lawn takes such wear as cookouts, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it—or themselves.

CHOKES OUT CRABGRASS

Thick, rich, luxurious, established Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long. It will NOT winter kill. Goes off its green color after killing frosts. Begins regaining its green color at the time when the temperature in the spring is consistently warm. This, of course, varies with climate.

NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Amazoy Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas." Plug it into poor soil, "builder's soil," clay or sandy soils—even salty, beach areas, and I guarantee it to grow!

Your Own Supply of Plug Transplants

Your established Amazoy lawn provides you with Amazoy Zoysia plugs for other areas as you may desire.

EVERY PLUG GUARANTEED TO GROW
In Your Area • In Your Soil

- **AMAZOY WON'T WINTER KILL—has survived temperatures 30° below zero!**
- **AMAZOY WON'T HEAT KILL—when other grasses burn out, Amazoy remains green and lovely!**

Every plug must grow within 45 days or we replace it free. Since we're hardly in business for the fun of it, you know we have to be sure of our product.

PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

NO SOD, NO SEED

There's no seed that produces winter-hardy Meyer Z-52 Zoysia. Grass and sod or ordinary grass carries with it the same problems as seed—like weeds, diseases, frequent mowing, burning out, etc. That's why Amazoy comes in pre-cut plugs...your assurance of lawn success.

FREE! UP TO 1000 PLUGS

Just for Ordering Now!

More than a HALF BILLION of our Zoysia plugs have been sold. Our Early Bird Bonus Plug Offer means clear savings to you. Order now — don't take another chance with lawn disappointment. And remember: If it isn't AMAZOY, you're not getting the plugs that made Zoysia famous.

WORK LESS • WORRY LESS • SPEND LESS

- *Easy To Plant, Easy To Care For*
- *Perfect For Problem Areas*
- *Chokes Out Crabgrass*

Your Established Amazoy Lawn...

- *Reduces Mowing ⅔*
- *Resists Blight, Diseases, And Most Insects*
- *Stays Green Through Droughts*
- *Won't Winter Kill*
- *Laughs At Water Bans*

No Need to Rip Out Present Grass • Plug in Amazoy!

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A growth-producing 2-way plugger that saves bending, time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Rugged yet so light a woman can use it.

Just set Amazoy plugs into holes in ground like a cork in a bottle. (Plant 1 foot apart, checkerboard style.) Easy planting instructions with each order.

Order now for your Bonus Plugs Free, and earliest delivery at correct planting time in your area.

All orders sent shipping/handling charge collect, via most economical means.

Not available in Wash. and Oregon states.

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Please send me guaranteed Amazoy as checked below:

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☐ 500 PLUGS & PLUGGER Plus Bonus of 175 FREE TOTAL 675 PLUGS $19.45	☐ 1000 PLUGS & PLUGGER Plus Bonus of 350 FREE TOTAL 1350 PLUGS $29.45	☐ 2000 PLUGS & PLUGGER Plus Bonus of 700 FREE TOTAL 2700 PLUGS $49.45	☐ 3000 PLUGS & PLUGGER Plus Bonus of 1000 FREE TOTAL 4000 PLUGS $69.45	☐ FULL SIZE PLUGGER $4.95

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A free bag of whole-grain

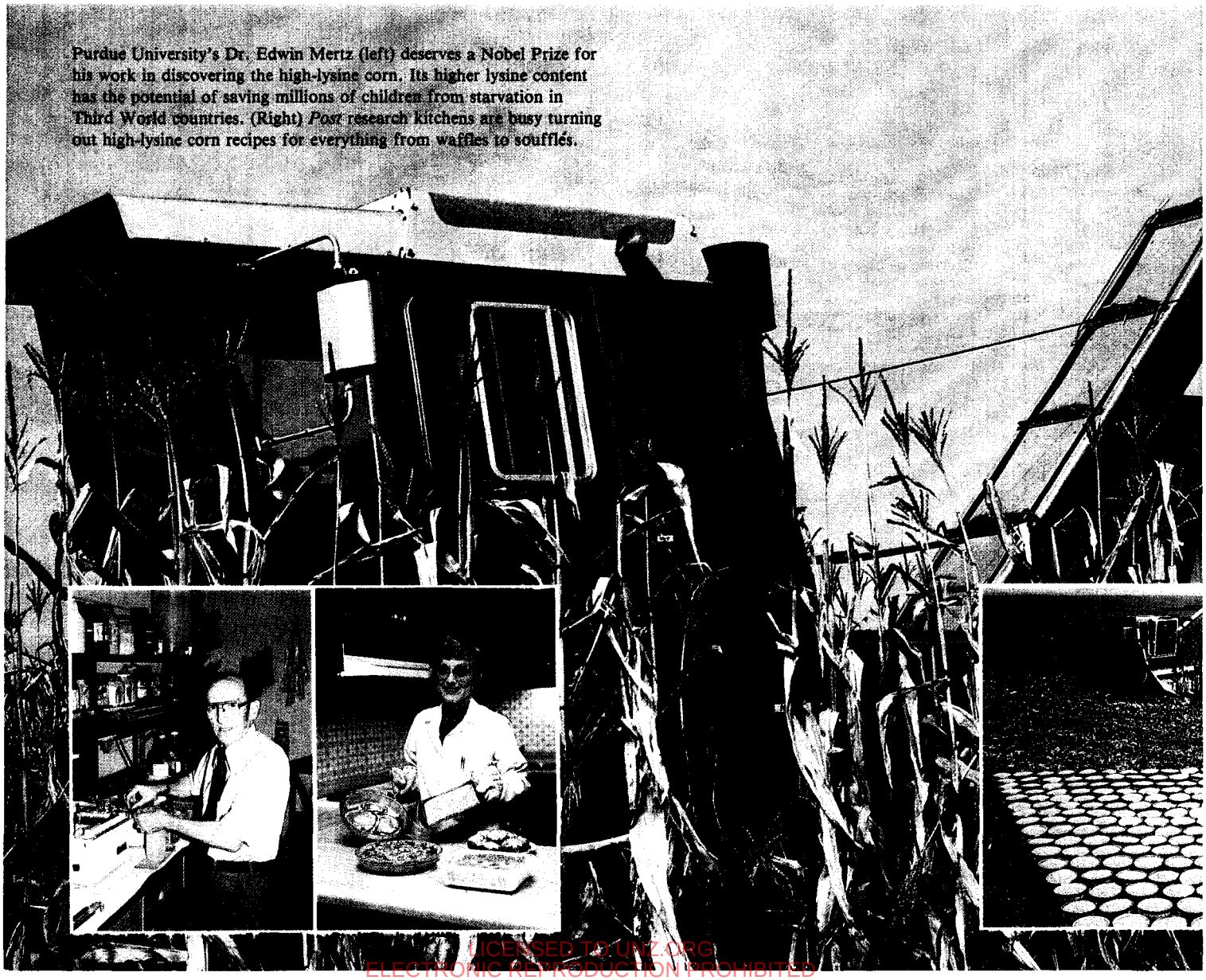
with each paid ...or renewal

The *Post* wants to keep our readers healthy for a long time.

We feel that the diet of many Americans is deficient in lysine, especially the diet of Americans who eat vegetarian foods. The amino acid, lysine, in this Purdue University specially bred corn makes it an almost complete protein food and greatly changes the lysine-to-arginine ratio found in corn.

A purpose of the Society is to try to get the large food processors to package high-lysine corn meal so that the public will demand it after discovering how much sweeter and tastier it is.

If the white mice we now have on a high-lysine diet (to see if it prevents leukemia) could talk, they would verify how good it is. Iowa farmers find that their pigs turn up their snouts at regular corn



Purdue University's Dr. Edwin Mertz (left) deserves a Nobel Prize for his work in discovering the high-lysine corn. Its higher lysine content has the potential of saving millions of children from starvation in Third World countries. (Right) *Post* research kitchens are busy turning out high-lysine corn recipes for everything from waffles to soufflés.

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high-lysine corn meal...

subscription to the Post

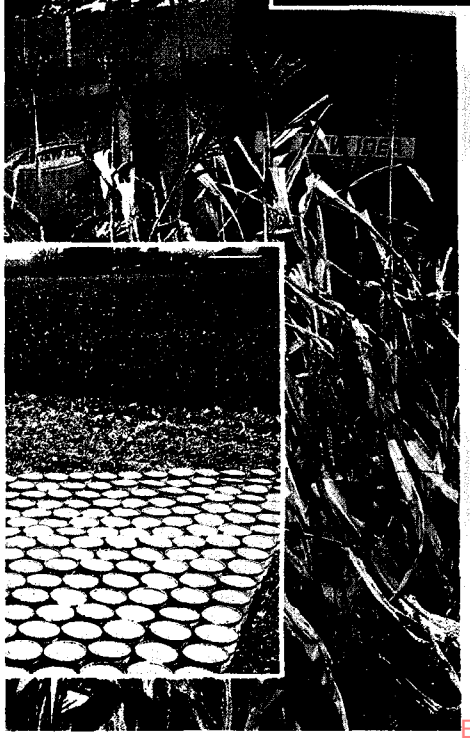
after trying the high-lysine variety. And one Iowa farmer who grows it for his pigs likes to chew it himself. "It's softer and more like eating peanuts," he says.

We've done our homework, and we'd like our readers to try this method of increasing the lysine in their diets while they increase their fiber. It's the best of both worlds! We should be going to a diet of more grains and complex carbohydrates, and high-lysine corn provides the missing link in the high-fiber diet.

If you don't find that this corn meal makes tastier cornbread, corn pudding, souffles, pancakes, corn pies and waffles, just send it right back to us and we'll eat it and give you a full refund for your cancelled subscription.

We hope that soon The Society can create so much demand for high-lysine corn that Quaker Oats, Kellogg's, General Foods, Nabisco, General Mills, Pillsbury and all the other packagers will insist on it for their cereal products and corn meal—thereby causing farmers to grow it for humans as well as their livestock.

In the meantime, The Society would like you to be our guest and try a free bag. We predict you'll never like another corn meal as much.



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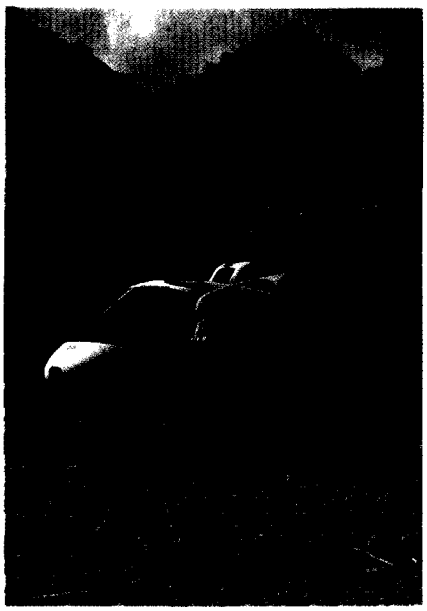

Isolated for 1,000 years by rugged terrain and sharp coral reefs, Maui's Pebble Beach is now open to visitors who drop in by helicopter.

HAWAII: OUTLOOK ON PARADISE

Volcanic forces gave the Hawaiian Islands a big build-up years ago, and nature has been skirting the issue of perfection there ever since.

by Ted Kreiter

While the rest of the world stands at attention, Hawaii floats nonchalantly at ease, a routine maneuver for a flotilla of islands that just happen to be moored at the most congenial spot on the globe. So suitable is Hawaii for human habitation that Honolulu residents start shouting "cold spell" if the temperature slips down to 68 degrees. Yet the special ambiance of Hawaii is more than a matter of degrees; it's a pleasing amalgam of sun, ocean, trade winds and stars, all brought together here ages ago by a group of highly active volcanoes.

Some of these volcanoes, such as Kilauea at Hawaii's Volcano National Park on the big island, are still earthshakers. Kilauea boiled

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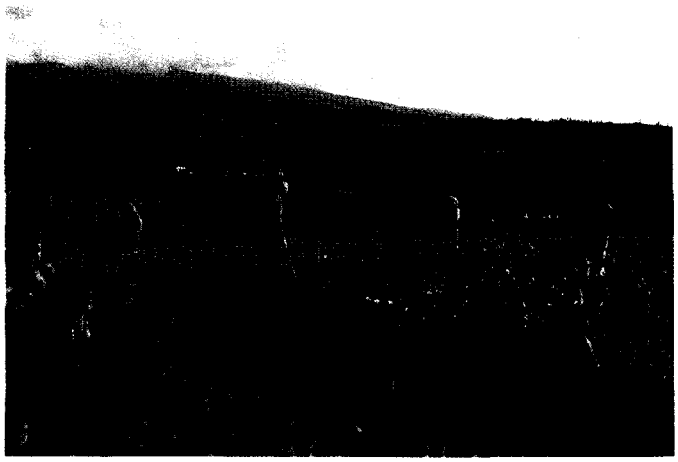
over 32 times last year. But most of them are long defunct and stand in varying stages of disrepair, as if waiting around to see how their handiwork will turn out.

Only a native can identify some of the old craters, such as the one at Hanauma Bay on Oahu that has been overrun and flooded by the ocean. The result is a gigantic, circular swimming pool, popular among fish because the government protects them there, and also a favorite of tourists, judging from the ranks of tour buses parked daily along its rim.

Another crater barely visible to most people is Puowaina, nicknamed the Punchbowl, where ancient Hawaiians practiced human sacrifice. It's almost in the center of Honolulu and now serves as a cemetery. Ernie Pyle, the World War II correspondent, is buried there.



Golfers get in some practice on the putting green before teeing up on one of Maui's many scenic and challenging courses.

But by far the most recognizable volcanic cone on Hawaii is Diamond Head, the only one whose name has become a household word. It's parked right at the end of Waikiki Beach, two miles from downtown Honolulu. Diamond Head has long since retired from island-making, but it still plays a role in making Waikiki the most picturesque beach in the world. Some people have taken exception to its hulking presence, and a movement was afoot to clothe it in a tunic of brightly colored bougainvillaea, but nothing has happened so far, and the volcano remains mostly bare.

So many tidal waves of change have spilled over Waikiki in recent decades that the people at one of the most venerable hotels there completely lost sight of Diamond Head for years, only to rediscover it by chance last year during renovation. It happened when a chain of luxury hotels bought the Halekulani, the only hotel at Waikiki that's found a niche in literary history. It was here over drinks in the early 1920s that *The Saturday Evening Post* writer Earl Derr Biggers met a Honolulu police inspector on whom he based his famous character, Charlie Chan.

The new owners set about transforming the old Halekulani, a collection of low cottages, into the most elegant luxury hotel in Hawaii.

"We are trying to recreate the atmosphere of the old open-air dining room as it was in the 1930s," said the Halekulani's new manager Andrew Thomson, "and we thought that was the view," he said, pointing out front to the bright blue sweep of the Pacific. "Then we tore out a section of the wall and discovered what the original builders meant it to be"—a tastefully framed portrait of distant Diamond Head.

Biggers once described this view in "The House Without a Key," a Charlie Chan mystery that was set at the old Halekulani. "The shadows cast by the tall coconut palms lengthened and deepened;" he wrote, "the light of the falling sun flamed on Diamond Head and tinted with the gold the rollers sweeping in from the coral reef. A few late swimmers, reluctant to depart, dotted those waters whose touch is like the caress of a lover." That was 60 years ago, and Biggers is no longer there, but the tall palms are there, as well as the sweeping rollers and the lingering swimmers. The description might have been written only yesterday.

Although the evening is serene and romantic here, the daytime is another story. Sixty thousand people or more

Waikiki Beach, where tourists now sun and surf, was uninhabited when first discovered by the English. Later, the area served only the monarchs, who built their vacation homes here.

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take to the beach to make burnt offerings of themselves under the tropical sun. That's as many as the entire resident population of neighboring Maui, 40 minutes away by plane.

Maui is much less crowded than Oahu, but it's got a bigger volcano, a great dollop of a cone 10,026 feet high with a crater 20 miles around (the largest in the world). It's called Haleakala, and like a huge traffic cop, it even controls the island's weather by stopping clouds on the windward side, where they dump some 400 inches of rain a year.

"The remarkable thing about this place," one resident told me, pointing at the azure Pacific and then flicking his thumb in the direction of Haleakala, "is, within two hours you can go from scuba diving on a beautiful coral reef to walking on the moon." Apollo astronauts once hopped around like kangaroos on the lunar landscape of Haleakala. And the cone is still home to a handful of scientists who man the airy monastic retreat of Puu Ulaula Observatory, perched (above the clouds) on a barren cinder peak. While they busily track satellites in space, other visitors to this second largest of Hawaii's islands pursue more earthbound activities.

The latest pastime that's caught their fancy is Cruiser Bob's Haleakala Downhill, an absorbing and, Bob contends, "safe" plunge by bicycle down 38 miles of the crookedest, steepest road in the world from the crater's rim toward the sea. Bob guarantees that his clients won't have to peddle more than half a mile. He charges $70 for the all-day affair and includes rental of a bike equipped with "superbrakes" and a van ride to the top. If you can manage to get to the top on your own, the cost will be less.

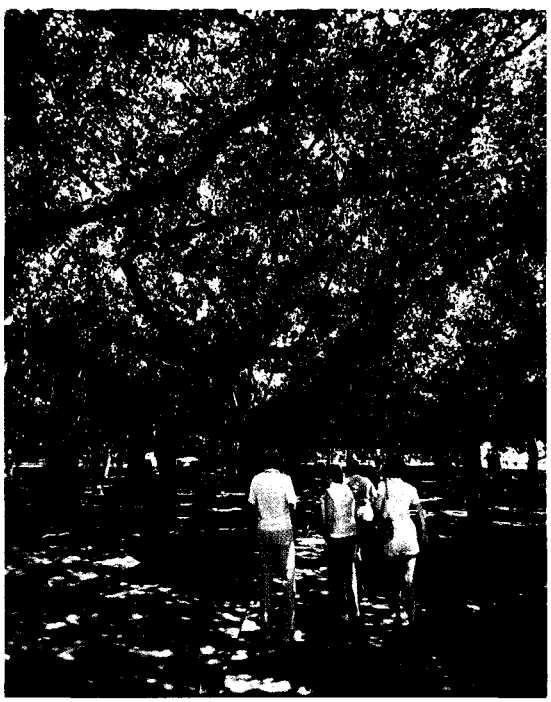
Cruiser Bob's van leaves daily from Lahaina, Maui's old whaling town and a former royal capital on the southwest coast. Once a haven for drunken sailors, Lahaina is now populated by pirates disguised as shopkeepers who will gladly sell you all manner of goods at twice the price you'd pay back home.

Although low-lying areas of Maui have been sectioned off into resorts such as the manicured 1,000 acres of Kapalua, or squeezed into ranks by Dole and Delmonte, the cooler highlands, rather grandiosely referred to as "the upcountry," have been given over to sprawling ranches that produce cattle, sheep, foodstuffs and flowers for the surrounding islands. One resident of the volcano even dabbles in wines: Emil Tedeschi, a soft-spoken immigrant from the Napa Valley of California, for years has been doing his best to improve Hawaiian spirits. Tedeschi now runs Hawaii's only winery, situated high on the 18,000-acre Ulupalakua Ranch.

Visitors able to tear themselves away from oceanside pursuits are welcome to stop by his winery, situated at about 2,000 feet, and engage in a high-level picnic under a huge camphor tree. The required beverage, of course, is one of Tedeschi's wines.

From the heights of Haleakala, the far-off Lahaina coast appears to be 100 miles away. Its flock of luxury hotels at Kaanapali Beach (a kind of struggling understudy to Oahu's Waikiki) is only a speck on the Maui landscape, and residents would like to keep things that way.

Just down the way from Kaanapali beach, the Kapalua resort flaunts its own private Garden of Eden, a paradise within a paradise, designed to tempt the credit cards right out of the pockets of an affluent clientele.



Lahaina's 110-year-old banyan tree, planted when this sleepy port was the whaling capital of Hawaii, has grown up to be one of the largest trees in the world.

Never mind that the first Adam and Eve stayed in paradise for free: the "ultradeluxe" package for six days and five nights, all inclusive, costs $10,000—a couple, a sizable bite out of the apple. Of course, one can get by here much more cheaply. Scuba and snorkling lessons are free, and so is the view: coconut groves, bright ambuscades of tropical flowers and a lawn as smooth and green as a fresh roll of Astroturf® stretching all the way down to the beach. But the view doesn't end there; it picks up nine miles out on the horizon with the faint and serene presence of the island of Molokai.

The best way to tour Maui or Molokai is by helicopter. The copters lift off from a pad atop Pineapple Hill near the Kapalua Hotel. Each one is fully produced, directed and orchestrated (through stereo headphones) by the pilot. Ours climbed to 10,000 feet past the west Maui mountains to the top of Haleakala; then buzzed down into the crater, disturbing the daydreams of scientists at Puu Ulaula. After warning passengers to start swallowing hard, our pilot dived through the thick band of clouds on the windward side into another world of tropical rainforest, deep gorges, hidden pools and towering waterfalls. He flew low over the isolated homes of George Harrison and Jim Nabors and then, as if on a whim to fulfill some tropical-island fantasy, dropped toward a tiny postage stamp far below that turned out to be a beach—one so remote and isolated by sharp coral reefs, it can't be reached safely by boat.

The passengers stepped out for a few minutes to explore the area completely carpeted by gray volcanic rocks. Pocked and pitted, yet worn satin-smooth by a thousand decades in the Maui surf, they looked like tiny island replicas churned out by Haleakala. Before we took off again to return to the world of people, I slipped one into my pocket as a souvenir of the exquisite volcanic reality of Hawaii. ★

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Miracle

continued from page 72

a lonely place. None of the tender and graceful statues tempted her to pause, and as she moved by them the darkness in her heart seemed to grow. The people of heaven, like the people of the streets, were strangers, and all the grandeur and history of the great, hollow room beat down in vain on her small, forlorn figure.

She paused finally because the candle-lighted aisle had grown dark. There was another statue behind the marble rail, but she could barely see it. No candles were lit in front of it. It stood in the dark, unfestive and unattended.

Staring at this white figure in the shadows, Ruth felt her body grow warm with tears. Why should there be one even in heaven who was lonely and stood in the dark? Why did everybody light candles for the others and none for him? Her hands clung to the marble rail and she shivered as her eyes peered into the shadows. The other statues had been strangers, even though they bore the names of God's friends, but this one she knew. She knew what it was to stand in the dark unnoticed. Trembling, she knelt to read the plate on the marble rail. It said this unattended one was Saint Andrew, famed for his generosity and self-effacement, and he had been the first friend of Jesus.

Long minutes went by as she knelt, completely absorbed, before the statue. Yes, here was a friend who would know what she had been through. The candles dwindled ever shorter as she basked in the warm glow of her kindred soul.

When she stood up, Miss Ullman was beside her. Ruth turned a flushed face to her.

"Why hasn't he got any candles?" she whispered. "You'd think somebody would pay attention to him."

Her eyes turned wildly to the many cups glowing before the image of Saint Theresa. She hesitated and then moved quickly to the saint's shrine. She took two of the yellow lights and put one on each side of Saint Andrew. The candle cups filled the holy niche with a glow, and for a moment the brightness startled the girl as if it came from somewhere else. The statue looked down on her with the sudden intimacy of light in its long, bearded face—looked down on her and into her heart that glowed back brightly, as if the two candles were burning there.

Ruth's conversion was a matter shared only by Saint Andrew and Miss Ullman. Every evening after work Ruth stopped on her way home to put two fresh candles in the place, one on each side of the statue.

Miss Ullman often went with her and knelt to pray. Her friend neither knelt nor prayed, but stood for several minutes looking up at the lean, tender face of the saint, then went on home to make the supper for her mother and for herself.

One evening when she was alone, Ruth stood before the lighted saint and felt a long misery end in her heart—the misery of loneliness and of vanished hope. The friendless streets that led nowhere, the smiling face of her soldier that returned again and again to send its look through her, like a knife falling on her heart—these and all the dark, silent hours in which she lived went suddenly away from her, like a bad dream ending.

She knelt before the glowing statue and began to whisper. She informed Saint Andrew of the way she had met Mr. Hugenon and of all the things he had said to her. When she walked out of the church her face was smiling.

Thereafter the girl talked each evening to the saint. She knew no prayers and had no religious habits from childhood to guide her conferences with the lean, bearded face, aglow in the holy niche. But all through her day in the office her heart was filled with the knowledge that a friend waited for her in the great hollow room of the church. She could tell him of all the secret things she had dreamed after the soldier went away, and of the apartment she had planned to furnish when he came back to marry her. She could tell him of the letters she had written that he had never received, and of the sort of life they would have lived—a very wonderful life that would have kept on and on, growing more full of love and happiness each year. And at the end of these conferences, Ruth grew silent and looked up intently at the lean, bearded face above her. Then she whispered eagerly, "Oh, please take care of him."

(continued in next issue)

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Microwave Cooking

continued from page 29

peas, onion and seasonings in 5-quart casserole. Cover. Microwave at high 40 minutes, stirring several times during cooking. Add vegetables to broth and water, microwave uncovered 20 to 30 minutes or until soup is desired thickness and vegetables are tender. Stir several times during cooking. Remove bay leaf. Serve.

Cream of Potato Soup
(Makes 1 quart)

3 cups diced potatoes
2 stalks celery, sliced
1 small onion, chopped
¼ cup water
½ teaspoon salt substitute
1 teaspoon parsley flakes
⅛ teaspoon pepper
1 teaspoon instant chicken bouillon granules
2 cups skim milk, divided
4 tablespoons flour

Combine potatoes, celery, onion, water, seasonings and bouillon granules in 2-quart casserole. Cover. Microwave at high 7 to 10 minutes or until vegetables are tender, stirring after half the cooking time. Combine ¼ cup milk with flour until smooth. Stir flour mixture and remaining milk into potato mixture. Microwave at high uncovered 7 to 10 minutes, or until thickened, stirring several times during cooking.

Salmon Steaks
(Makes 4 servings)

4 fresh salmon steaks
Juice of one lemon
¼ cup water
1 carrot, sliced
1 medium onion, thinly sliced
2 cloves
1 bay leaf
Pepper to taste

Brush steaks with lemon juice. Combine poaching ingredients in 12″ x 8″ baking dish. Cover with plastic wrap. Microwave at high 4-6 minutes. Remove bay leaf. Place fish in dish with thickest portions to outside, thin areas in center. Rearrange fish after half the cooking time. Cover tightly with plastic wrap, turning back one edge to form a vent. Microwave at high 5-7 minutes or until fish flakes easily with fork, rotating dish after half the cooking time.

Vets on Pets

continued from page 27

suffering from rabies, seemed to undergo physical changes in response to noises such as the ringing of the telephone. Was this an accurate picture of a dog with rabies?

Susan Lopez
El Paso, Texas

Although I have not seen the movie, I read the book. The plot was certainly a dramatization; however, I found Stephen King's portrayal to be accurate for the most part.

Cujo developed rabies after a bite from a rabid bat. Bats are major carriers of rabies in the United States. The incubation period (that period of time from exposure or bite until clinical signs of rabies) is ten days to six months (average three to eight weeks).

A rabid animal exhibits signs of rabies one to seven days before death. In the furious form of the disease, the dog becomes irritable, restless and nervous. The dog shows an exaggerated response to sudden stimuli of sight or sound (reaction of Cujo to the ringing telephone). The animal may experience photophobia, an intolerance to light. At this stage, the dog is dangerous because of its tendency to bite anything encountered. Paralysis of pharyngeal muscles causes the dog to drool saliva. Convulsions, muscular incoordination and paralysis can precede death.

Not only is a rabid animal such as Cujo dangerous from the standpoint of the physical injuries that it can inflict, but the rabies virus is also shed in the saliva of a rabid dog up to ten days before death.

Our best protection against rabies is to vaccinate all dogs and cats against rabies, avoid wild animals such as skunks, bats, raccoons and foxes and immediately wash all bite wounds with soap and water, alcohol and disinfectant. Contact your physician and public-health officials if there is a question about the need for human rabies prophylaxis following a bite or other exposure.

If you have questions about your pets, you may send them to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

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Figure Skating

continued from page 59

bark on a skating life at the same time, but the Russian, if he or she shows promise, will have all bills paid by the state. Strengths will be fortified, and weaknesses weeded out. The skater will receive the very best in coaching, education and medical attention.

Only recently has more attention been focused in the United States on the many needs of amateur skaters. Dr. Howard M. Silby and his U.S. Figure Skating Association Sports Medicine Committee are dealing with both the physical and emotional difficulties encountered by skaters in the top ranks of competition. At lower levels of competition, clinics and rap sessions have been organized to help solve sports-related problems that trouble young competitors and their parents. Special week- or month-long training camps are being offered in increasing numbers. Clinics for make-up and hair-styling advice and for weight control and correct diet planning have been established. For the first time this year, American companies—Campbell's Soups and General Foods—have taken on the official sponsorship of the U.S. figure-skating teams.

Undoubtedly skaters can use the help, even though American men and women singles skaters have been holding their own against both free and bloc countries' skaters for years. Names like Peggy Fleming, Dorothy Hamill, Linda Fratianne, Rosalynn Sumners, Elaine Zayak and Scott Hamilton come to mind. The technique of American pair skaters is so improved that they are now almost in line with the nearly flawless but mechanical perfection of the Eastern-bloc teams. Tai Babilonia and Randy Gardner, whose "tricks" never took precedence over their finesse, actually defeated their Russian counterparts four years ago at Lake Placid, in the opinion of many—despite the silver medal they received.

Americans defeating Russians gets down to a basic truth that may sound trite, but never is: Free enterprise can win—and pride in being American is an important factor in winning international competitions.

In case you have not kept up with the latest in figure-skating terms, here are some definitions so you can follow the intricate loops and spins of international competition:

Figure Skating Terms

Jump—a single- or multi-revolution turn in the air after a forward- or backward-moving takeoff. Triple jumps are limited to one of each kind only: Axel, single or double; single, double, triple or quadruple Salchow, toe loop, loop, flip, lutz.

Spin—fast clockwise or counterclockwise revolution on one or both feet with the body in an upright or sitting position. Examples: blur, two-foot, broken neck, Biellman, layback, sit, flying sit, Axel sit.

Camel flying camel—a spin done on one foot with the nonskating leg and body held parallel to the ice.

Compulsory or school figures—variations on the figure eight performed on one foot at a time from a standstill position; figures are done first at a competition by singles competitors only.

Short program—a program of short duration done to music and consisting of several compulsory moves such as jumps and spins.

Long program—a longer program done to music and consisting of any jumps, spins, footwork or other moves chosen by the skater.

Pair Skating:

Lift—a move in which the male partner lifts the female partner to varied positions, usually above his head. Examples: press, overhead, tabletop, star, cartwheel, bucket, knuckle.

Throw—a move in which the male partner throws his female partner into a single or multi-revolution jump. Examples: throw Axel or double Axel, double or triple Salchow or loop.

Death spiral—a move in which the male partner's outstretched arm holds his partner's outstretched arm and rotates her body—in a position close to and parallel with the ice—in a circular motion around him.

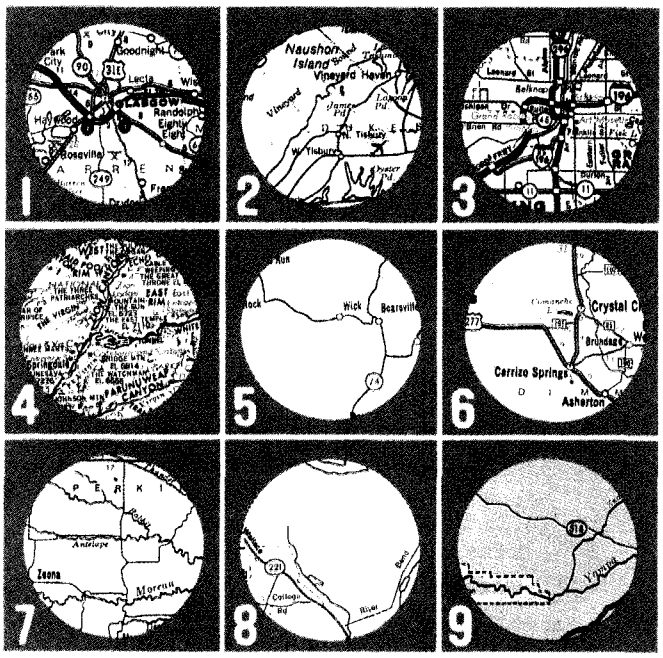
Ice Dancing:

Performed by male and female partners to different types of music. Lifts are limited, separation of the partners is limited and jumps are not allowed.

Compulsory dances—specifically chosen dances are done to specified rhythms and number of beats per minute.

Original set pattern (OSP)—a dance done to specified music; the pattern is repeated several times.

Free dance—both moves and music chosen by the couple; limited lifts and separations; no jumps allowed.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 110)

Rosalynn Sumners' name was misspelled on pages 58 & 59. The Post regrets the error.

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Flying Saucers

continued from page 67

obvious point that there's no proof a saucer has ever attempted communication. Obviously Einstein's paradox will not permit a future man or manufactured object to exist as a part of time. And the fact is, we have found neither.

Why? What is the purpose of time travel if there can be no contact or communication? Simply put—man does things because they can be done. He has both the desire to investigate and an insatiable curiosity. The historians, archaeologists and scientists of the future will certainly exploit their new technologies to see into the past—just as we now explore ancient cultures and buried civilizations.

But let's continue with another scientific fact—the nature of time itself. The closer you travel to the speed of light (186,000 miles per second), the more time slows down for you. For instance, if you were to take a four-year trip in a spacecraft traveling at close to the speed of light, it would simply be a four-year trip in a spaceship—but on Earth, thousands of years would have passed. You would land only four physical and mental years older than when you departed. (If there were superintelligent civilizations in our hidden past, such as "Atlantis," upon sensing the impending doom of their civilizations they might have chosen to escape into the future and to return to Earth about *now*. If true, they would certainly want to explore facets of this new world to determine their probable place in this future. And they'd want to thoroughly examine the evolved bacteria and other contamination to which we have immunity and that could prove fatal to their race. Remember H.G. Wells' *War of the Worlds*, in which the Martians were wiped out by the common cold!)

Certainly this is an interesting theory, possible under the existing natural laws of our universe, providing we assume the ancient scientists could build a mother ship capable of reaching speeds close to that of light! We can only temporarily discard this theory because we have no evidence that such a civilization ever existed—except in legend. We can still wonder, however—when we realize that hundreds of years ago certain uncivilized tribes were treating cancer patients with radioactive pitchblende. Madame Curie had yet to discover radium.

One interesting theory suggested about the legend of Atlantis (and popularized first by Plato) is that Atlantis seemed to have a civilization and science similar to what we might expect to have hundreds or thousands of years in our future. Considering our present pollution of the atmosphere and the total environment, and perhaps the future worldwide atomic conflicts (man has yet to invent a deadly weapon he hasn't used), we have assured our future generations of an increasingly "dirty" world. So perhaps a brilliant scientific civilization of the future (which would be fully aware the earth was irretrievably doomed by neglect and waste) would utilize its science to "relocate." The most suitable environment in the known universe for these travelers? The Earth itself—before man had fouled it up! This theory, of course, requires two assumptions: One—that in the future we will discover a way to travel *permanently* into the past; Two—that (man being man) this civilization that supposedly existed some 10,000 years B.C. ultimately managed to destroy itself. It left behind only the legends and tribal sculpture and artifacts showing what may have been spacemen. How did African natives in the early 1800s know to treat cancer victims with pitchblende? How did the American Indians discover digitalis as a remedy for heart trouble?

There is one interesting way of explaining the mystery of pitchblende's discovery by an African tribe and hundreds of other mysteries of the past, such as the Indians' use of digitalis and molds containing penicillin. Someone who knew these techniques had to tell them. And that takes us back for another look at Atlantis (which even Plato dated at some 5 to 10 thousand years before his time!).

Perhaps Atlantis had a superior civilization indeed similar to our own civilization a few hundred or thousand years in the future. So let's take a look into the future.

This future civilization is as scientifically advanced beyond our 1984 technology as our existing technology is advanced beyond that of the time of Galileo. Think they have it made? Not at all. They may have eliminated cancer, genetic diseases and taken a decent whack at the common cold, but Earth's inhabitants do have major problems. A poisoned Earth! The environmental decay caused by years of neglect to the total environment, the extinction of life forms essential to nature's balance and, quite probably, pockets of radioactive wastes from a few atomic wars have them existing in a very messy and dangerous neighborhood. A good neighborhood to leave—permanently!

But where do they go? If they have the ability to travel permanently in time, then the ideal environment in the known universe would be the Earth itself—before it was contaminated. Perhaps it was the civilization that Plato discussed: Atlantis. Certainly a civilization so advanced in science and medicine would have known about the value of pitchblende, digitalis, penicillin—and perhaps shared this knowledge. And being technologically oriented, its members would have had more than our present ability to make a miscalculation that would

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wipe them and their advanced civilization off the face of the earth. Or perhaps they moved on. (Although this theory violates Einstein's paradox, we must remember that Einstein *did* make mistakes on the mathematical portion of his theory of relativity—and we still don't know why an apple falls down instead of up. We can't explain gravity—but we do have the ability to render Earth a lifeless cinder in space over and over and over again.)

Certain areas of Earth seem to produce many UFO sightings and tales of strange occurrences: for instance, the famed "Bermuda Triangle," which supposedly swallows ships and aircraft without a trace. I tend to believe that people who write stories for a living find that a bit of exaggeration sells better. And the same applies to many of the saucer stories. However, there *is* a new UFO story, and I promise that it is *not* a figment of a writer's imagination. It's based upon personal interviews with the people involved. I haven't figured it out, nor have any of the observers—one of whom is my son!

Nobody has any idea why Lucky Point, Indiana, should attract UFOs. A farm community just a few miles south of Terre Haute, Indiana, it's simply a place to go to see strange phenomena and UFOs. Things happen there that have not been reported elsewhere.

Jerry Seavers, state section director of MUFON (Mutual UFO Network)—the largest national and international UFO investigative organization—reports more than 100 sightings of UFOs in the Lucky Point area in the past two years. He says that folks in the rural area are well-acquainted with the phenomena: "Anymore people just don't bother—it's old news." Fully 50 percent of these sightings have been of a strange "Black Triangle" that hovers in the night sky, blots out the stars and speeds off at supersonic levels. In 1982 the "craft" was seen hovering over power lines. Large electric arcs were seen and heard. When the craft moved, it disappeared in approximately ten seconds—without a sound. The same description of the craft was reported by more than 50 people or groups of people.

Now let's move on to Kerry Dean, staff meteorologist for WTWO-TV in Terre Haute. Mr. Dean is certainly a qualified observer by virtue of his study of natural phenomena relating to all types of atmospheric conditions and "events." "It's like spotting a bat in the night sky—unless it's close or you look for it, you simply don't see it. It's simply a black place in the sky where you don't see the stars." He noted that, unlike UFOs reported in any other areas of the world, the triangles have made up the great majority of the Lucky Point sightings. They are not reported anywhere else to his knowledge.

Why on earth would these "spaceships" or "time ships" pick a desolate location like Lucky Point? . . . To spy on Terre Haute? Unlikely. Let me give you one more strange feature of Lucky Point. Two high-tension electrical lines bisect it: one line on wood poles, the other on the newest metal towers. In the evening, approximately one day in five, the poles may be seen to shudder, vibrating back and forth at their bases as much as a half inch. This happens on quiet days and windy days. There is no correlation between power being utilized by the 135,000-volt lines, seismic activity or weather conditions. The bisection produces a sound described as a low-frequency hum combined with an old-fashioned hand water pump, the sound of high-voltage insulators shaking being added. This effect cannot be explained by the utility company and exists on the two different types of towers—wood and metal. It has been reported nowhere in the world but Lucky Point—and there only for a one-mile stretch of transmission lines running through its center. The weird part is not only the heightened activity of UFOs during this noisy "dance of the poles," but also the variation of 40 degrees from compass north during these periods of activity (as Kerry Dean reports), whether the variation is measured by a magatrometer or an ordinary compass. This compass-deflection effect exists for a quarter mile on either side of the power lines as they tremble and sing. The strongest electromagnet ever built would not affect a compass at this distance!

Perhaps Lucky Point is one of the way stations utilized by time travelers. The black triangle could be the first generation of time-traveling craft or even the last, most-developed craft in the time travelers' technology. As one scientist was quoted as saying: "The (UFO) visitors we get will certainly not be the ones we expect, but they probably will be the ones we deserve."

An impossible idea, time travel? The idea that your great-great-great-grandchildren may be piloting a UFO takes a bit of getting used to. However, the single assumption of time travel makes all the facts about flying saucer reports by reliable observers come together.

What do you think?

The Perfect Squelch

From ideal flying weather, the big plane suddenly ran into a storm. It bumped up and down, jolting its passengers. The new stewardess, trying to comfort them, overdid it. Obviously envisioning herself as a Florence Nightingale of the airways, she rushed around officiously thrusting pills and pillows, chewing gum, water, even smelling salts, at passengers who wished to be left alone.

On her third attempt to aid an easygoing, tanned Westerner, she kept insisting, "But there must be something I can do for you. How about coffee?"

Just then, the plane gave a lurch which nearly lifted the Westerner from his seat.

"Coffee?" he said. "Lady, just bring me a saddle."

—Faye Chestnut

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Price of Parting

continued from page 49

was his place from then on. He's been one of us all these years. We feel as badly about this as you do, but we just can't take him with us. We love him too much."

"And who'd want an old, blind dog? Who you gonna give him to, then?" The tears were hot behind Johnny's eyes. "Who you gonna dump him on?"

His mother stood up and was crying now. "Nobody, Johnny. Rex is an old dog now. He's had a good life. He's run through the fields, and he's chased rabbits in the woods, and he's climbed the hill with you—even slid down on your toboggan. He's had a fine life. He's had a nice boy who loved him, and he's had us, who've loved him too. There's little more a dog can ask for, honey; he can't live forever. Nobody does that."

He knew then what she meant, and he couldn't believe it. "You wouldn't!" he had shouted at them. He looked up at his dad. "Dad, you wouldn't do a thing like that to Rex!"

"Johnny, it's the only kind thing to do."

"Kind!" he had yelled. "Kind? You'd kill him just because it's too much trouble to take him with us?"

He had held Rex more tightly in his arms and run out of the house. Putting him down, Johnny plunged down through the ravine and up the hill to the top. And he'd stayed there until it was almost dark, alone. He'd gone so fast that Rex hadn't had a chance to follow him, and it was one of the few times he'd ever been up on the hill without the dog. His loneliness overwhelmed him, and it was a long time before his tears and utter misery were completely spent. Then he made his way slowly home.

They'd saved dinner for him in the kitchen, and he ate it and gave some scraps to Rex under the table. His dad came out and stood quietly in the doorway.

"Just one thing I wish you'd do for me," he said. "Will you talk to Dr. Parker?"

Johnny didn't look at him. "I'll talk to him."

"Thank you, Johnny."

The veterinary hospital was a low, white-brick building. Johnny had known and liked Dr. Parker all his life, and he stood before the desk now, listening, his eyes down.

"It's one of the things everybody with a pet faces, Johnny. Those cataracts make everything Rex sees a shapeless blur, and before too long, all he'll know is daylight from dark. He's getting lame and his teeth are almost gone and his heart's weak. He's an old dog, Johnny, and your folks are right. It'd be cruel to try to take him with you."

Johnny ran his finger along the edge of the desk. It was dusty.

"Will it hurt?"

"He won't feel a thing. He'll just go to sleep."

"Should I—could I be with him?"

"If you want to. Rex would like it that way."

He could hardly talk, and he didn't dare look up.

"Yeah, I guess so. I'd want to be with somebody I loved, if it was gonna happen to me."

That was three weeks ago, and in the intervening days, his mother getting everything ready to move and his dad mostly in New York, he spent all the time he could with his dog. There were nights he didn't sleep very well, and then Rex lay on his bed beside him, getting his ears scratched in the moonlight. And there were days Johnny played in the ravine or the woods instead of bicycling down to the lake with the kids, because Rex couldn't keep up any more. He was glad school was out, but even then the days flew by, until now, finally, it was the last day, almost the last hour.

He sat on the hilltop, his fingers entwined in the dog's hair as he lay asleep beside him. There weren't any tears any more, just a great emptiness within him that once in a while, when he thought about it, squeezed tight and ached in his throat.

"Time we were getting back, boy. Come on, let's go now."

Rex got stiffly to his feet, shook himself and followed closely at Johnny's heels. They went down the hill and across the meadow into the ravine, then up along the far side to the path that bordered the edge of the brambles. Rex took the lead now and went snuffing from shrub to shrub, to see what had happened since last he'd come this way, while Johnny walked slowly behind him. He didn't hurry the dog as he usually did.

They had just gone through the

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break in Judge Thompson's fence when the grass in front of Rex' nose suddenly exploded and a brown rabbit leaped up frantically. Rex lunged after it.

"Rabbit!" Johnny shouted, and dog and hare bounded through the long grass up the slope toward the judge's house.

Johnny followed at a dead run. Rex' ears flopped wildly as he plunged after the scent, and the rabbit must have been a young and foolish one, for, instead of running in a straight line, he bounded this way and that in wild confusion. It was only a minute until Rex had lost the cottontail. He stood quivering in the long grass and snuffed frantically. And then the rabbit made a big circle, came leaping back again and almost collided with the waiting dog, and they were off—this time in a straight line toward the judge's house, Rex yapping hoarsely.

Judge Thompson was on his back terrace and got up from his chair to watch the chase. The rabbit saw him, lunged off to the right, ducked into the tangled raspberry patch and was gone. Rex was brought up abruptly against the matted growth. He tried to work his way into the vines and whined in frustration.

When Johnny reached the terrace, Judge Thompson was laughing and trying to talk Rex out of his anger. He turned to the boy, his old eyes twinkling.

"Mighty funny sight, seeing Rex come up through the weeds, his ears flapping like wings. Reminded me of old Charley Morse, used to live out on Mercer Road."

Johnny dragged Rex out of the raspberry bushes and was plucking the prickers from his long hair. He smiled at the judge. "I guess it's been a long time since Rex got that close to a rabbit."

Judge Thompson sat down in his chair and chuckled. "Can't say the rabbit didn't give him a chance. Better sit a while, Johnny. Sounds like that old fellow got himself plum tuckered out."

Rex's tongue was dangling and he panted hoarsely. Johnny sat back on the flagstone terrace and pulled the dog closer so he could get at the burs. Rex slobbered his tongue on the boy's hand, then lay back, resting.

"Leaving today," the judge observed.

Johnny nodded. "Tonight."

"I expect you hate to go. This is a pretty nice place for a boy to grow up in. Woods, meadows, hills, the stream down there; got room to stretch here."

"I don't want to live in an apartment."

"No, son, I don't suppose you do. Wouldn't want to myself. But we can't always do what we want to. It makes sense, you see, for you to live in an apartment back there, especially at first. Your dad won't have a long train ride twice a day, and living right in the city, you'll be able to get around and see all the things more easily. Maybe you won't like it, Johnny, but it'll be a good experience."

"I don't see why Pleasanton isn't good enough!" Johnny said hotly. "We've got a nice house, and dad had a good job in the city. It only took him half an hour on the train. I don't see why he couldn't have stayed right here in the same job."

Judge Thompson shook his head. "Can't. In a business like that, if you try to stand still, you go back."

"I don't see why."

The judge picked up his pipe. "Everything's in motion, Johnny. Whole world. If you stand still, you get run over."

The boy looked up at the distant hill. "I can't take Rex," he said dully.

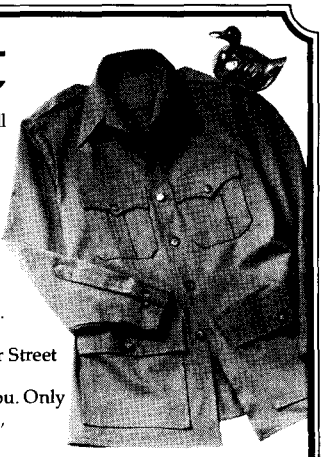
"No, I can see that. An apartment's no place for a dog. He needs a place to run."

"There's nobody to leave him with. Almost blind, pretty old."

"It'd break his heart, anyway."

Johnny turned quickly, his lips trembling. "Judge, it isn't fair! We've had him all my life; he was in the family even before I was born! And now, just because he's old and can't see very good, why—why, we've got to put him away, my dad says. Why? You tell me that, judge! Why? How come we got a right, even, to say when a dog has to die? Just because he's too old? Everybody gets old. He can't help it. He's been the best dog in the world. Rex grew up with me. Mom and dad got him before I was even born. And he never once snapped at me, even when I was a little teeny kid and didn't know better than to pull his

The Safari Jacket



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hair—never once, judge! So now, just because it isn't convenient to take him with us, he's gotta be put to sleep!"

The old man bent forward and put a frail hand on Johnny's shoulder.

"Son, son, don't go torturing yourself. You love him; he loves you. It's all right. It'd be all right with Rex, if you could ask him." The old man smiled faintly. "I know. It'd be all right with me. Waiting gets mighty lonesome, Johnny. Mighty lonesome. Rex wouldn't like it; you wouldn't like it. As for saying 'when,' why, the Bible gives it to us, right there in the first book, Genesis. It says God gave man dominion 'over every living thing that moveth upon the earth.' That's the text, if you need the text, but you don't. Because you know in your heart, Johnny, that it's the only answer. It's the kindest thing you can do for an old and loyal and trusted friend. Just the kindest thing."

Johnny got to his knees, the tears hot in his eyes again. "I don't think so, judge. It isn't, that's all. It just isn't! . . . Come on, Rex, let's go!"

He reached out and rubbed the dog's side. "Come on, Rexy." He paused and laid his hand on the dog's flank, then swung around, wide-eyed, and looked up at the judge and then back again quickly, to the dog. "Rex! Rexy! Hey!" He bent over the dog and then turned swiftly again to the old man who was kneeling beside him. "Judge, he's——judge—oh, judge!"

Judge Thompson gently lifted an eyelid, then slowly closed it again and ran his hand down the silken hair. He met the boy's stricken gaze and nodded slowly. "He's gone, Johnny. His tired old heart just stopped."

"Oh, no! He couldn't! Why, only a minute ago——"

Judge Thompson smiled tenderly. "He just went to sleep," he said softly. "Why, boy, you couldn't ask for a nicer passage than that. Dog or man. Here a couple of minutes ago he was having the time of his life, doing what he liked to do, and then he lay down at the feet of the one he loved more than anyone else in the world and closed his eyes and just went to sleep."

The old man rocked back on his heels and rested his hands on Johnny's heaving shoulders.

"Take him, boy. Take him and put him to rest in the yard he loved so well; where he can sleep and dream and remember, as we all must and will do, of the happy days that were and the happier times to come." He stood up and his voice was soft with wonder: "Lucky boy. Lucky, lucky little dog."

And Johnny, his sight blurred, his heart sodden with grief, yet increasingly grateful he was now relieved of the bitter burden, picked up the familiar form and went slowly down the path toward home, his face buried now and again in the soft hair that was brushing away his hot tears for the last time.

Can you name this picture?

. . .***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. Entries must be in by March 10, 1984.

Our congratulations and a check for $100 go to Alice Blanchard of Dayton, Oregon, for the winning caption in our March caption contest.

This young man more convincing than quaint,
Gestured love for his red-suited saint.
It was most apropos,
For that morning, you know
He had baptized the cat in red paint!

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Turner

continued from page 47

more Mexicans in Texas, California and Arizona then there are Americans. What we should do is build an iron curtain down there, or they'll be taking the border states back. . . .

Post: About curbing the population in these countries—

Turner: What we should be doing is pumping birth-control devices and lots of education into them. One of our nuclear submarines costs $3 billion. That would be enough to fund the program for the whole world for five years. In the meantime the people are all going to be starving and having civil unrest. The governments are in the process of collapsing. You know, El Salvador, Nicaragua. . .we set a terrible example for these little emerging countries. They think because we're spending our money and effort on jet planes and tanks that they have to have them, too. But they really can't afford them. I mean, starving nations in Africa are taxing their people to buy tanks and machine guns and mortars to blow each other up. These guys used to fight with spears and bows and arrows. And at least they weren't wrecking the ecology. You can kill people just as well with spears, if that's all the other guy has. It's much more colorful, too. And much easier to cover with TV cameras.

Post: What about the future of our own society?

Turner: You can have a free nation only if the majority of the people are intelligent enough to vote to preserve their freedom. You just can't go out as we are doing at the present time and continue to vote yourself benefits that the society can't pay for. You can't keep operating at the deficits that we are piling up. You can't have 10 percent of your population unemployed and expect to be around very long before you have a revolution. Prior to Great Britain and the United States, the longest democracy that ever lasted was in Athens, Greece, which our government was patterned after, and it failed after 50 years.

Post: Are you for gun control?

Turner: No, I'm not. I have a small arsenal myself because I hunt. I don't think outlawing guns is the answer. I think we should outlaw their use on each other. I'm not against guns for armies. Single-shot rifles. I'm against bombs and nuclear arms. I think it's crazy to drop bombs on cities. I believe the wars should be fought between soldiers out in the field. Like at Waterloo and Gettysburg, where you just go out and knock around.

Post: For all your accomplishments, are you still reaching for something? Is there something you would still like to do?

Turner: Yeah, I'd like to take over one of the networks at some point and maybe get more involved in program production. Motion-picture production, maybe.

Post: You're a creative person. What about writing?

Turner: I wrote in school, but I wasn't a great writer. Writing is very tedious and takes a lot of time and patience. My whole life has been geared to action. I used to paint, and I wrote a little poetry. But I just don't have time anymore.

Post: Your work, then, is your hobby.

Turner: Right. But I do spend a good deal of time outdoors. Hunting and fishing, mainly, just to relax and get some exercise.

Post: One more question—we know you have a plane to catch. What have you done that makes you proud of yourself—or what do you think you have accomplished for the good of mankind?

Turner: Well, I'm only 44. I think I'm just getting started.

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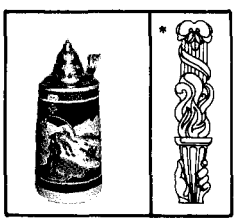

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MEDICAL MAILBOX

by Cory SerVaas M.D.

Apply thine heart unto instruction, and thine ears to the words of knowledge.
—Proverbs 23:12

High-Lysine Corn to the Rescue

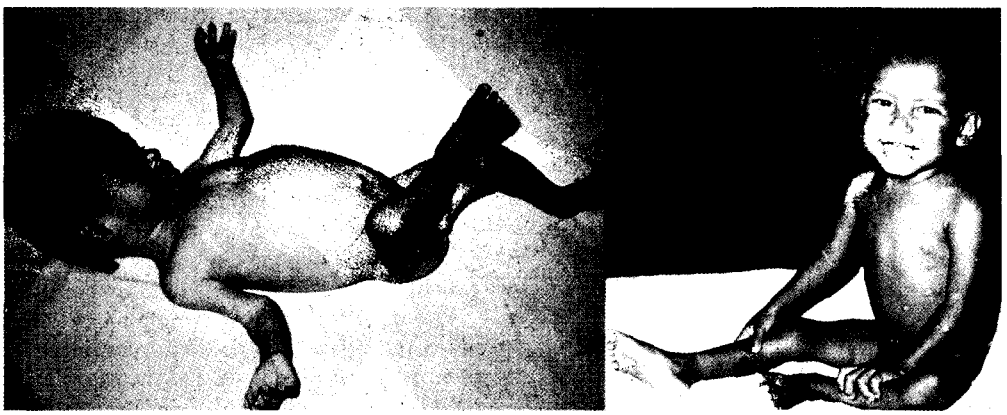
Although high-lysine corn is grown almost exclusively for livestock at the present time, mankind was the real reason its discoverers persisted in its development.

For vast populations of Third World countries unable to afford the luxury of animal protein, cereal grain is practically the only important source of protein in their daily diet.

Corn is the mainstay and most important of all the cereal grains in many of these countries, especially those in the tropics and subtropics.

It has long been known that children who must depend on corn as the staple in their diet often suffer from a disease called *kwashiorkor* (protein starvation) because corn is a very poor source of protein for non-ruminants (including animals such as pigs and chickens as well as man).

The word "kwashiorkor" comes from a tribe in Ghana and means "the sickness the older child gets when the next baby is born." This indicates the circumstances in which the disease most commonly develops after weaning, when the child goes on a protein-deficient diet.



These photos show the same little boy—above, as he appeared on arrival at a Columbia, South America, hospital suffering severe malnutrition caused by a poverty-level diet of corn soup and cakes. Doctors gave him little hope.

At the hospital, he was fed virtually the same corn diet, except it contained high-lysine (Opaque-2) corn, which has the mutant gene for higher levels of lysine and tryptophan. After 90 days (right) his recovery was complete.

Compounding the problem for maize-eating countries, corn is not only low in quantity of protein, but quality too. About 50 percent of the protein is classified as prolamine, which is practically devoid of lysine and tryptophan.

This is ordinary corn's most serious deficiency in terms of its nutrient value because lysine and tryptophan are essential amino acids that neither man nor non-ruminant animals can synthesize in the body. These must be obtained from the food consumed every day.

Experiments with rats on a diet containing ordinary corn as the sole source of protein produced obvious signs of malnutrition. The researchers, however, were able to correct the deficiency by supplementing the corn with small amounts of lysine and tryptophan.

Scientists, recognizing that corn is the sole source of protein for many humans, see high-lysine corn as an opening in the fight against protein starvation, which seems especially disastrous for small children. At first, high-lysine corn did not yield as many bushels to the acre as regular corn, and it wasn't as sturdy in bad weather seasons. Gradually the yield has been brought up until today it is as good as standard corn. Even though its protein quality is far higher, it is lighter weight than ordinary corn. Standard corn weighs 56 to 58 pounds per bushel. The high-lysine variety weighs only 52 to 54 pounds per bushel. This has made it unprofitable for farmers to raise it as a cash crop to be sold for human consumption. Approximately 500,000 acres of high-lysine corn are planted

"I get so many hypochondriacs in here . . . you don't know how great it is to find someone who's actually deathly ill!"

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in the United States, however, by farmers who feed it to their livestock because it makes for fewer veterinary bills and the animals grow better. The farmer saves money because he doesn't have to buy lysine for the supplementation that would otherwise be necessary. Even baby pigs prefer high-lysine corn. When a farmer accidentally runs out of high-lysine corn after feeding it, the pigs squeal and go off feed for about a week before accepting the regular corn.

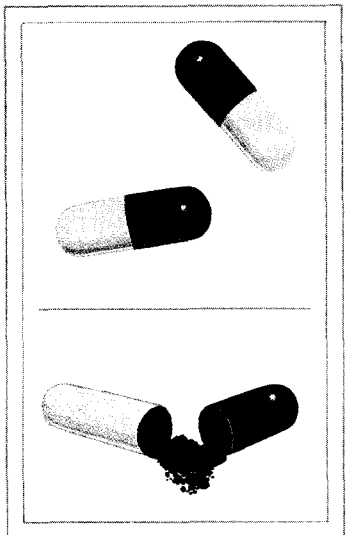
A doctor attending children in Cali, Columbia, has said, "We now have a potential source of low-cost, high-quality protein that could mean the difference between life and death for millions of children."

Purdue's Dr. Edwin Mertz says, "Mankind will have available—for the first time in history—a super grain that contains everything for complete nutrition except a few inexpensive minerals and vitamins."

The same painstaking and dogged persistence on the part of the seed-corn producers that made high-lysine corn profitable for animal feed will soon make it profitable for better human nutrition as well.

The Importance of Transit Time

Dr. A.R.P. Walker of Johannesburg is a long-time student of the high-fiber diet, and it was Dr. Walker who introduced us to carmine capsules for checking the time it takes food to transit the digestive tract. This biological stain colors the stool a bright red. These harmless pills are given to study the transit time of active, healthy African youngsters who eat a tribal diet very high in fiber. He found their transit times to average about 12 hours, which is far less than the transit time of sedentary adults in cultures where fiber-depleted diets are consumed.



These capsules contain carmine, a harmless biological indicator that colors the stool. Have any readers ever been given these red stool markers? We would like to find a source for them in the United States.

We obtained the capsules illustrated from:
South Africa Institute
of Medical Research
P.O. Box 1038
Johannesburg,
South Africa.

We would like to obtain a source for these harmless red coloring markers in this country. Please write to us if you know one.

Hospitals in the U.S. use a nonprescription capsule containing activated charcoal called Charcocaps® as a stool marker. Taken in sufficient quantity, it gives a black stool.

We are concerned about transit time because medical researchers believe that bile acids produced by your body to help digest food can become carcinogenic (cancer causing) if they remain in the colon too long. Increasing the fiber in your diet will speed transit time and decrease your chances of developing colon cancer. The fast-transiting Africans almost never suffer from colon cancers.

Psoriasis—A Case History

Ed Raasch's psoriasis was the worst case I have ever seen. He represents a company that provides a service to the *Post*. When he would make calls, one could hardly offer to shake his hand, because his hands looked so sore and cracked. Every exposed portion of his body was covered with red, scaling skin. He looks so great now and seems much happier that I asked him to share his experience in the letter that follows:

Dear Dr. SerVaas:

Five years ago I had a severe, acute case of psoriasis. It was on my arms, face, scalp, stomach and back. Besides being uncomfortable it was embarrassing. My skin would crack and the itching was unrelenting. After going to several doctors, they all informed me that salves were the only relief that I could expect for this disease. It was quite a hardship to use these ointments twice a day with the understanding that maybe they might help. None of them did.

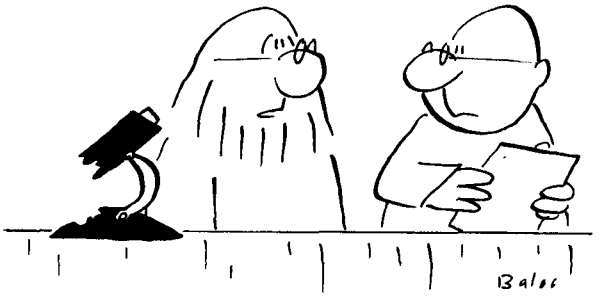
Then you told me of your article in the April '79 *Post* about a new treatment for psoriasis. This treatment now is called Photo Chemotherapy and uses ultraviolet actinic light. The patient is required to be exposed to this light in a cabinet a certain length of time after taking Oxsoralen 10 mg capsules on a full stomach two hours before the treatment.

I started this treatment in September 1979, and I have hardly a trace of psoriasis today.

Edward Raasch
2425 Lawrence Avenue
Indianapolis, Indiana 46227

Mr. Raasch will be glad to answer readers' questions about his therapy.

The treatment that we told him about, called PUVA, was discovered by doctors at Massachusetts General Hospital in 1974. However, the Food and Drug Administration did not give the treatment approval for general use until late in 1981. This treatment involves administration of a drug, psoralen, that sensitizes the skin to



"Don't look now, but I think we've developed a germ that eats microscopes!"

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ultraviolet light. Two hours later the patient is exposed to long-wave UV-A "blacklight." The common name for this photochemotherapy is drawn from the drug and the light, "P-UVA."

Since the treatment has been in use for less than ten years, long-term studies are impossible at this time. We asked Dr. Arthur Norins, chairman of dermatology at Indiana University School of Medicine, his opinion of PUVA.

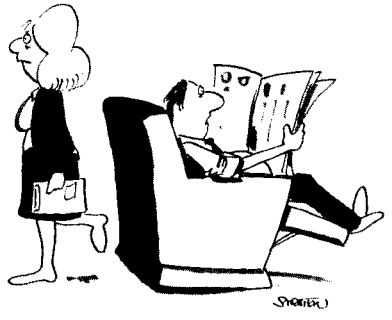
Dear Dr. SerVaas:

We have PUVA therapy available in our department. Like many other treatment programs, there is benefit and risk. The benefit is that over the last ten years it has been shown that PUVA can be quite helpful for people with widespread psoriasis as well as some other conditions when properly administered.

The risk is that PUVA does cause changes in the skin in a similar though different way as does long-term exposure to sunlight. This type of light damage can be associated with the development of skin cancer. We also are concerned with sun risk to the eyes and possible cataract formation after prolonged use, but so far this has not been a major problem. Another disadvantage is the cost and time required for having to come to get treatments on a regular basis.

PUVA has certainly been an added tool for therapy which has generally been safe when used properly.

Arthur L. Norins, M.D.
Professor and Chairman
Department of Dermatology
Indiana University
School of Medicine



"It says here that someone in the United States has a heart attack every sixty seconds. Can you imagine that guy's medical bills?!"

Dear Researchers:

Since March 3, 1983, I have used L-lysine tabs to a greater degree. In fact, since a near outbreak last May I've been taking four lysine tabs three times daily and doing well. I do not eat those chocolates and nuts on the "no-no" list, mainly because of the calories involved. For quite a few years we have been cutting down on our red-meat intake and in the last 1½ years have totally eliminated beef altogether, sticking mainly to fish, chicken, lamb and eggs. We do not have milk, preferring fruit juices.

For myself, I required two or three tablespoons of bran taken at meal time, mostly with a non-citrus fruit; I usually crush (with a mortar and pestle) my four lysine tabs, mix them with the bran and add one-half cup fruit juice. Since I put on weight easily, my "diet" doesn't hurt me at all—it can be a bit boring at times, though! However, I do eat occasional "normal" meals such as dinner last Monday night. We had chicken, corn, salad and apples—plenty for me! Tuesday morning, that old familiar feeling started on my lip and I immediately headed for the lysine, taking four or five tabs about every 1½ to 2 hours. On Wednesday I continued the lysine at eight tabs (crushed, on a slice of whole wheat spread with a tablespoon of cream cheese) at about three hour intervals.

Today, Thursday, my lip is improved but I'm not letting up on the lysine yet. I believe this outbreak (almost) was due to the corn on Monday night, but with all the lysine I take on a daily basis, it shouldn't have happened. (I'm still taking four tabs lysine at 500 mg each three times a day.)

I'm very interested in any more information since I seem to be so sensitive to the lysine/arginine (amino acids) balance.

Thank you so much for researching this for us "victims"!

Mrs. Frank Wahl
Poplar Grove, Illinois

Dear Mrs. Wahl:

Good news! High-lysine Opaque-2 corn contains approximately 70 percent more lysine than ordinary corn, so you can enjoy it and still not play havoc with your lysine/arginine ratio.

Lose Weight

continued from page 23

complex carbohydrate-starch foods (whole-grain products, brown rice, potatoes and other root vegetables); and even when these foods are eaten freely, without restriction, the people remain slim. The U.S. diet obtains more than two thirds of its calories from fiber-free fats and sugars and low-fiber, refined products. The large number of fad weight-reduction diets in this country testifies to the results of the "Westernized diet" so readily available today —*obesity*.

Dr. Burkitt and his colleagues have observed that obesity and heart disease are practically nonexistent in *primitive* rural populations. In *developing* communities, it is estimated that 3 percent of the people are obese and 2 percent have heart disease. Contrast those figures with the estimated 25 percent of people in modern, *developed* communities suffering from obesity and 30 percent from heart disease!

Obesity and diabetes mellitus usually appear and begin to increase in any community at about the same time that its members become affluent and consume a diet high in fats, oils, sugar, meat, alcohol and milled, refined cereal grains. Since a high-fiber diet has been shown to decrease or eliminate the need for insulin injections in diabetics, the relationship between diet and diabetes becomes more clear.

The soluble fiber in oats and beans will actually lower the amount of bad, fatty cholesterol in your blood. A high-fiber diet will reduce your chances of being obese while helping you prevent early senility from cholesterol-plaque-filled vessels in your brain.

Use every opportunity to increase the fiber in your food. You might help your church kitchen convert to whole-wheat breads and high fiber. We're providing our church with Ezekiel's bread instead of white, refined-flour loaves for breaking bread at communion.

If you are trying to lose weight and you simply can't find fiber foods that will satisfy you daily, then the next best thing for you is to include some Metamucil® in your diet every day. It is made of psyllium seeds, which are a good fiber and can produce bulk in your digestive tract.

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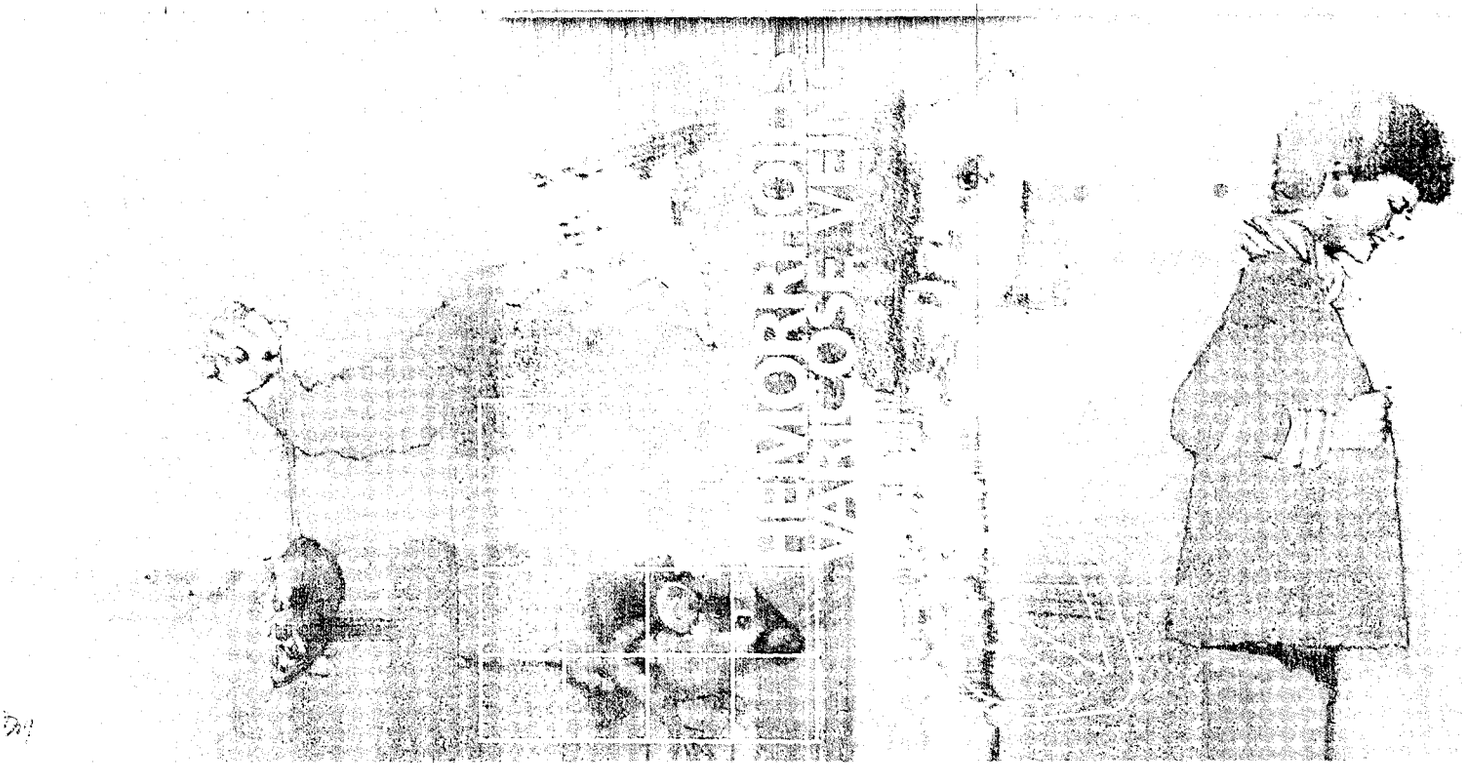

MARCH ON DIGEST

March 1
A Miracle For Kelly

The little girl suffered from a rare heart ailment which, until then, had always proved fatal, but her family continued to believe there was an answer. Her mother's persistence and faith brought her 1,000 miles from her home to Dr. Marjorie Tripp, who found that a derivative of lysine could save the child from her elastofibrosis.

March 8
Diabetes And Prenatal Nutrition

Learn the newest theories on proper eating before conception and during pregnancy—it gets more exciting every day. When and how severely one gets diabetes could depend on how much fat one's mother ate in the prenatal period, if it turns out that people are like the diabetic hamsters which have been tested.

March 15
Esophageal Cancer

Can cancer of the esophagus be prevented? Suspected causes include smoking, alcohol, drinking of very hot beverages and trace metal deficiencies. A new study showed molybdenum prevented esophageal cancers in rats that had been fed carcinogens. Learn what to do at the first sign of progressive difficulty in swallowing.

The 700 Club

The TV show that gives answers for life

Check your local listings for time and station

March 22
High Schoolers in Cancer Research

We'll visit a high-school class which is doing serious cancer research by feeding special diets to mice. They're searching for a combination of nutrients which might prevent or help lessen the prevalence of cancer in animals.

March 29
Hemorrhoids And Varicose Veins

Oh, the strain of it! Our constipating "All-American" diet has made us victims of painful hemorrhoids and stinging varicose veins. Why don't the tribal Africans have these disabling conditions? Their high-fiber diet must be the answer.

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Seventh-day Adventist

continued from page 42

tion of health foods became common features of Adventist missionary work. Special health-food features began to appear within the evangelistic program for the edification of the prospective convert. Wherever the missionaries went there was emphasis on health and healing, so that today the Adventist Church operates 345 hospitals, sanitariums, clinics and dispensaries in various parts of the world, and many local churches hold nutrition classes open to the public.

In 1905, when she was 78, Mrs. White chose the site of Loma Linda University. This university, which for years was called the College of Medical Evangelists, includes one of the world's leading medical schools. It also features schools of dentistry, nursing, health and allied health professions.

The university is the heart of the city of Loma Linda, a pleasant community of about 10,000 people between San Bernardino and Redlands. It is approximately 65 percent Seventh-day Adventist.

An interesting adjunct owned and operated by the university is the supermarket. It's just a large market with a parking lot amid the cluster of university and "downtown" buildings—a pleasant, busy place, except that it has between 5,000 and 6,000 different items on its shelves, and not one of them contains meat, with the sole exception of canned pet food. There is no liquor or beer, no coffee or tea or cola drinks, no tobacco. There are no products made with animal shortening and refined sugar, such as cookies and cakes. All such products are made with liquid vegetable shortening, mostly corn oil. There is no bread made with bleached flour.

But what the market does have is equally interesting—a seemingly endless variety of fruits and vegetables and nuts, huge bags of all kinds of whole grains, dried fruits and beans and legumes. There are shelves and shelves of meat-substitute canned goods with unfamiliar labels, produced at Adventist plants such as the one at Arlington and at other non-Adventist firms now producing such products.

An unusual kind of market, perhaps, but it grosses more than $3 million a year, and its customers come from all over Southern California, and as far away as Arizona, to "stock up."

Other such customers patronize similar markets in other Adventist centers throughout the world.

And it seems they are healthier for doing so.

(continued from page 42)

who are not Seventh-day Adventists to become vegetarians.

Not only do Seventh-day Adventists have fewer heart attacks, they also have less cancer—50 percent less than the general population—and it's not all to do with their stand against cigarettes and liquor. Adventists are better educated as a whole than the general population, says Dr. Scharffenberg, and better-educated people have a decreased rate of cancer in general. But even in comparison to a highly educated population surveyed by the American Cancer Society, Adventists still have a cancer rate only 60 percent of the expected rate. Their rate of lung cancer is only 21 percent of the expected rate and their colon-rectal cancer is 60 percent of expected.

"The reason for this," Dr. Scharffenberg says, "may be because Adventists eat more vegetables, seeds, beans and get more vitamin A and C, which probably has a protective effect." There is also more fiber in Adventists' diets—they use only unrefined, whole-grain flour.

Adventists also have a reduced risk of prostatic cancer, which shows no significant relationship to meat eating; but when consumption of all animal products is considered, it's been found that heavy meat, egg, milk and cheese consumers have three times the risk of prostatic cancer.

To ensure that Adventists and others are supplied with proper nutrition, the church operates 47 health-food factories throughout the world that supply whole-grain breakfast cereals, fruit beverages, soy milk, seasonings and other foods. The church maintains 166 hospitals and sanitariums as well as many clinics and dispensaries around the world.

Education—medical as well as general—receives strong support from Adventists. Three times as many members have completed college compared to the general population. The church operates ten liberal arts colleges and two universities in the United States, including dental and medical schools at Loma Linda University in California. And health education—in particular the "Five-day Plan to Stop Smoking"—is propagated wherever Adventists go.

Adventists prefer constructive entertainment, the kind they believe will benefit their physical and mental health most, such as walking, swimming, nature study, golfing, tennis and boating.

In conjunction, they advocate improving personal appearance by natural means, by smiling more and using less make-up. Perhaps their pragmatic approach to better life is best summed up in their attitude toward jewelry: "To spend money on nonessentials such as jewelry when there are millions in the earth who lack even the bare essentials of life," they contend, "is poor stewardship of the funds which God has entrusted in man." That same logic is applied to health. Adventists believe that a Christian is obligated to maintain physical health to serve God acceptably.

Andy Rooney

continued from page 65

variety of experiences and assignments Rooney has tackled over the years. He's always been in journalism, or so it seems—having launched his career as a copyboy on his hometown newspaper back in Albany. He later attended Colgate University and worked on the campus weekly until he joined the Army. His stint as a *Stars and Stripes* reporter was followed by a hungry two-year period as a freelancer and eventually writing jobs for Arthur Godfrey, Victor Borge, Herb Shriner and Sam Levinson. As a gag writer he learned the importance of timing in comedy and also became accomplished at picking up on different styles of delivery. Shriner was

continued on following page

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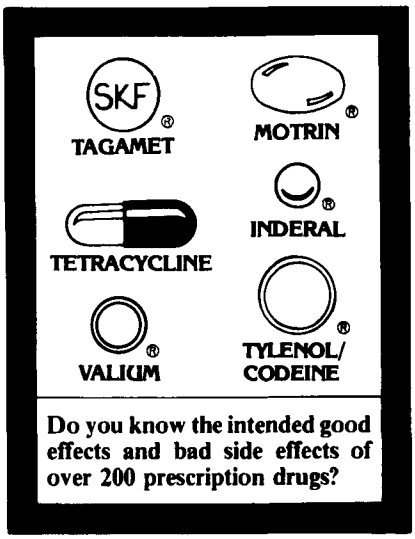
Prescription Drugs' Side Effects Revealed



Do you know the intended good effects and bad side effects of over 200 prescription drugs?

(Atlanta, GA)—

FC&A, a nearby, Peachtree City, Georgia publisher, announced today the release of a new book for the general public, *Prescription Drugs Effects and Side Effects.* It reveals the little-known side effects of over 200 of the most often prescribed drugs — side effects which are known to few people besides doctors.

The Good Effects of Drugs

You take drugs prescribed by your doctor for their good effects like relieving pain, fighting infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or lowering heartbeat and blood pressure.

Do You Have Any Of These Dangerous Side Effects?

Prescription drugs can cause diarrhea, dizziness, dry mouth, sleepiness, depression, headache, insomnia, upset stomach, blurred vision, cramps, rashes, constipation, fever, stuffy nose, short breath, high blood pressure, fear, ringing sounds. Also poor appetite, balance, sex or heart function.

Do You Know The Answers To These Questions About Prescription Drugs?

When your busy doctor gives you a prescription, what do you, or even your doctor, know about it? What's it for? Will you be allergic to it? What are its side effects and dangers? Will it affect other medicine you're taking?

It's up to **YOU** to keep yourself informed by reading this book. For example, on page 30 you'll learn that a drug you take for upset stomach can cause nausea — the very thing it's supposed to prevent — plus convulsions or heart attack!

Latest Facts On Each Drug

Two outstanding pharmacists have helped add newly discovered side effects to the new edition. The book describes more than 200 of the most-often-used drugs. Facts are given in easy-to-understand words instead of hard-to-understand medical terms.

Easy To Read

Drugs are listed in alphabetical order for quick, dictionary-style finding. The book lists brand names, money-saving generic names, good effects, side effects, warnings and interactions with other drugs.

It tells how to save money by using generic drugs instead of expensive brand names. It also explains drug categories. (For example: a drug may be called an "analgesic" — analgesic means "pain reliever.")

How To Help Your Doctor

Tell your doctor if you have any possible side effects given in this book. If he thinks best, he may lower your dose, stop your medicine or switch to a different drug not having such side effects.

A Remarkable Guarantee

Order this 30,000-word, easy-to-understand book, edited by two pharmacists. Simply cut out and mail the coupon today. There's a no-time-limit guarantee of full satisfaction or your money back.

Are You Taking Any of These Drugs?

(Partial List of Drugs in Book)

Achromycin®
Actifed®
Actifed-C Expectorant®
Aldactazide®
Aldactone®
Aldomet®
Aldoril®
Amoxicillin
Amoxil®
Ampicillin
Antivert®
Apresoline®
Atarax®
Ativan®
Atromid-S®
Bactrim®
Benadryl®
Bendectin®
Bentyl®
Benylin®
Butazoladin®
Butisol Sodium®
Catapres®
Chlor-Trimeton®
Combid®
Compazine®
Cortisporin®
Coumadin®
Dalmane®
Darvocet®
Darvon®
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Digoxin
Dilantin®
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Dimetapp®
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Indocin®
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Keflex®
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Larotid®
Lasix®
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Librium®
Lidex®
Lomotil®
Lo Ovral®
Macrodantin®
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Quinidine sulfate
Regroton®
Salutensin®
Septra®
Ser-Ap-Es®
Serax®
Sinequan®
Sorbitrate®
Stelazine®
Sumycin®
Synalgos-DC®
Synthroid®
Tagamet®
Talwin®
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down-home Hoosier, Borge was veddy sophisticated, Levinson was folksy Jewish and Godfrey was, well, just Godfrey.

"Writing for those guys was a terrific lesson. I've probably borrowed something from all of them. They were tough; there was a lot of arguing. It was highly competitive getting your stuff into the monologues," he admits. "There's no writing more precise than the kind that has to provoke laughter. You know you're hitting people when they laugh. It has to pay off, and the positioning of words is so important in triggering it."

Joke writing led to collaboration with Harry Reasoner on several CBS News specials. Rooney provided the words and Reasoner added the voice. Not until he joined the Public Broadcasting Service's "The Great American Dream Machine" did Rooney actually go on camera himself. Afterward, he was contacted by an advertising-agency talent scout who wanted him to narrate a headache-remedy commercial. That told him a lot about his voice, he quips.

He returned to CBS, this time to both write and narrate such on-the-air efforts as "Mr. Rooney Goes to Dinner" (he added 14 pounds by the end of the assignment), "Mr. Rooney Goes to Work" and an occasional political commentary. Viewers related to his less-than-perfect physique (a pudgy 5'9"), his appearance (rumpled) and his voice (restrained whine). When the dueling duo of Shana Alexander and James Kilpatrick went on vacation from "60 Minutes" in the summer of 1978, Rooney was tabbed as the replacement. The temporary assignment became permanent the next year, leaving him little time for the longer, more in-depth stories he had always enjoyed.

"I miss reporting a lot," he admits. "But the fact is, I have become more valuable to myself and everyone else by doing more writing and less reporting."

He stops, props his 8½ EEEs up on his desk and engages in a little pipe dream: "You know what I'd really love to do?" he asks. "I'd like to throw myself into writing and reporting for Charlie Kuralt. I'd like to just *give* him my stuff. For one thing, he does things better than almost anyone in the business. Then I could slip back into anonymity. I'm telling you, it wouldn't bother me at all."

He loves the language and the agony of arranging and rearranging words, the shaking-out of a piece of writing until nothing remains except the emotion that propels it forward and makes it reach out and touch the reader or listener. The creative process is tough, causing him to rant, wring his hands and pace as his assistant Jane Bradford reads, edits and passes judgment.

"Jane checks everything I do. If I spell my own name she checks and makes sure it's all right. She drives me crazy, but she's very good. I make a lot of mistakes, and she keeps me from making a fool of myself. The other day I was desperate to get my column done. I finally finished it and gave it to her to read, and she said it just wasn't good enough. God, I knew she was right. I had to sit down and do it over."

Even a bit of writing scrutinized and passed into print is not immune to Rooney's self-criticism.

"I look at things I wrote ten years ago and think, 'My gosh, how could I have done that?' Then I look at things I wrote last year and think, 'How could I have done *that*? When am I going to grow up?' "

He claims he has a particularly difficult time ending things well, and that holds true not only for his writing but for his other passion, woodworking, as well. Both require patience—not his long suit.

"Actually, it's a real shortcoming of mine. I guess I've gotten better at it in my column, but I'm a big woodworker and I've never been able to finish furniture very well, either. I'm interested in the idea of forming a table or a chair or a cabinet, but then I don't have the patience to finish it the way I should."

So immersed is he with his vocation—writing—and his avocation—woodworking—that he often describes one in terms of the other. A particularly tough script is called "a real cabinetmakers's job of writing." His profession underwrites his passion, and his only splurge since he became a TV celebrity has been a $2,700 power saw. He used it to build, from scratch, a free-standing writing room at the family vacation compound in upstate New York. Weekends from May to October are spent at the New York "cottage," which is a sprawling white colonial estate with two outbuildings—one for writing and another for woodworking. From the first he churns out columns and scripts; from the second come tables and sideboards.

"My kids have a lot of my furniture in their houses. Sometimes I make it faster than anyone wants it. I'm not a natural woodworker, but I use good wood and have pretty good ideas. Boy, you talk about being self-taught. When I built my writing room I couldn't get over how many mistakes I made. I fell off a ladder at one point, and that stopped construction for about a month."

In many respects he's self-taught in his writing craft, too. His ideas are good, his instincts are on target and if the words *feel* right to him, chances are he's succeeded in building a thought people can relate to. He takes care in choosing his topics and is particularly wary of subjects that might amuse the cosmopolitan folks of New York but elude residents of rural America. He frets that a recent piece on the irritations

continued on following page

WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

1. Kentucky
2. Massachesetts
3. Grand Rapids, MI.
4. Utah
5. West Virginia
6. Texas
7. South Dakota
8. Salem, Oregon
9. Colorado

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Why men and women over 40 often miss the best sex of their entire lives.

BY SAUL H. ROSENTHAL, M.D.

The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off – you could begin to withdraw from sex altogether.

That would be an awful shame.

No need to give up on sex – ever.

Sex over 50, 60, 70 and beyond – good sex – is a real option for almost all people. And it can be the most rewarding sex of all.

That's what prompted me to begin work on a newsletter, SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

Their reaction was enthusiastic.

Sexual help like this is not available anywhere else.

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

Dr. Rosenthal (with co-editor Barbara B. Mauldin) in his consulting room.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
- Mid-of-night sexual opportunities
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

Case histories are included to clarify; so are medical illustrations. Plus special monthly departments worth reading.

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SEX OVER FORTY A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol 1, No 1 1982 all rights reserved Health & Symptom Publications Inc San Antonio Texas

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most of the alterations in your sexual responses without any loss of sexual pleasure. Some of these changes can even help you be a better sexual partner and make your overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many men as an inevitable signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will walk a little slower and run a little less, but you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you to be a better lover.

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation,

Front page of Premier Issue (greatly reduced in size).

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of air travel only touched a small segment of his audience. He rejects the suggestion by a CBS coworker to use telephone answering machines as the object of an upcoming diatribe. "How many viewers have answering machines?" he asks.

He stays in touch with his audience by living the normal life he champions. He avoids posh parties and the social set in an effort to protect his averageness. At a time when TV programming is determined by ratings and demographic studies, he refuses to be influenced by scientific data. Don't burden him with the number of households tuned to CBS at 7 p.m. on Sundays. Don't tell him which geographic areas of the country appreciate his humor most or which pockets of the population prefer a Lawrence Welk rerun.

"That's the road to death," he says of market studies. "It's like trying to understand flight by dissecting the entrails of a robin. I would never study the numbers. A good pilot knows how it feels to fly right."

And after more than 40 years in the business, he's flying higher than ever. He's earned his stripes with a flight plan that has proved to be impeccable: From his cluttered vantage point, he looks out at the dancers and simply wings it. ✈

Kidney Stone

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water up to my chin. Earphones were placed over my ears so I could have my kidney stone crushed to the strains of Beethoven."

Two X-rays of the stone were taken from different angles. The positioning of the X-ray cameras and the seat on which he sat was accomplished by remote control. Once everything was in position, the lithotripter caused an electric spark to hit the water and sent shock waves into his body on their way to the stone. After a series of 45 such waves, X-rays checked the progress of the stone's disintegration, and the treatment resumed, this time in 100-shock segments.

"After each 100-shock segment, new X-rays were taken and the machine repositioned. In all, my stone being so large, I had over 1,200 shock waves. During part of the procedure I fell asleep," says Mr. Bullock.

As Bullock emerged from the tank, "control" X-rays showed his stone to be disintegrated, leaving a great deal of "dust" in the kidney. The next morning, he was out of bed and feeling only a slight discomfort. He was told to drink at least three liters of fluid and to do a lot of walking. "Two weeks later, the particles began to pass in large quantities," says Mr. Bullock, "and the discomfort subsided, then ended." He has had no stones or problems since the procedure.

Since lithotripsy, Mr. Bullock has changed his diet to decrease a high triglyceride level found in Germany. He found that by cutting out caffeine and refined sugar and decreasing fats and meats, he not only lowered the triglycerides but was able to control his gout strictly with diet. He has stopped taking the medication for gout and has had no recurrence of either his gout or his kidney stones.

If any of our readers have had experiences with stone removal that they think might help others in making their decisions about surgery versus other methods, please send them to the editor of the Kidney Stone Formers Club Quarterly if you are willing to share them.

When I first met Dr. Nicolette he was in a small Illinois hospital about to be treated by a nonsurgical method of direct-contact shock therapy and high basketing, which carries a dangerous risk of damaging the ureter. A patient that very day had just had his ureter severed in the attempt to basket a high ureter stone, a procedure that has always been considered imprudent by conservative urologists. Fortunately, a Kidney Stone Formers Club member's misfortune gave Dr. Nicolette ample warning and incentive to leave that hospital and to seek the German treatment instead. The victim, who lost his kidney due to the severed ureter, is now the president of the Kidney Stone Formers Club.

"New and exciting things are happening in the area of treatment for kidney stones," Dr. James Lingeman tells us. "Any institution or organization that can help improve communication and spread information regarding these new developments can only be helpful," he says of the newly formed National Kidney Stone Registry.

We encourage all kidney stone formers to fill out this questionnaire and mail it. If you are not a stone sufferer, cut it out and give it to someone who is. We will enter all the information in our computer and share it not only with the American Urologic Association but with all nephrologists and endocrinologists who wish to use it as they search for ways to help *prevent* stone formation. We will keep you updated through our articles in the *Post* and through the *Kidney Stone Formers Club Quarterly*

Membership and the quarterly newsletter are available to anyone making a tax-deductible contribution of $10 or more per year toward kidney stone research efforts.

Please send your questions and case histories regarding successful kidney stone treatments and/or removals as well as your contributions to: The Kidney Stone Formers Club, 1100 Waterway Blvd., Indianapolis, Indiana 46202. ✈

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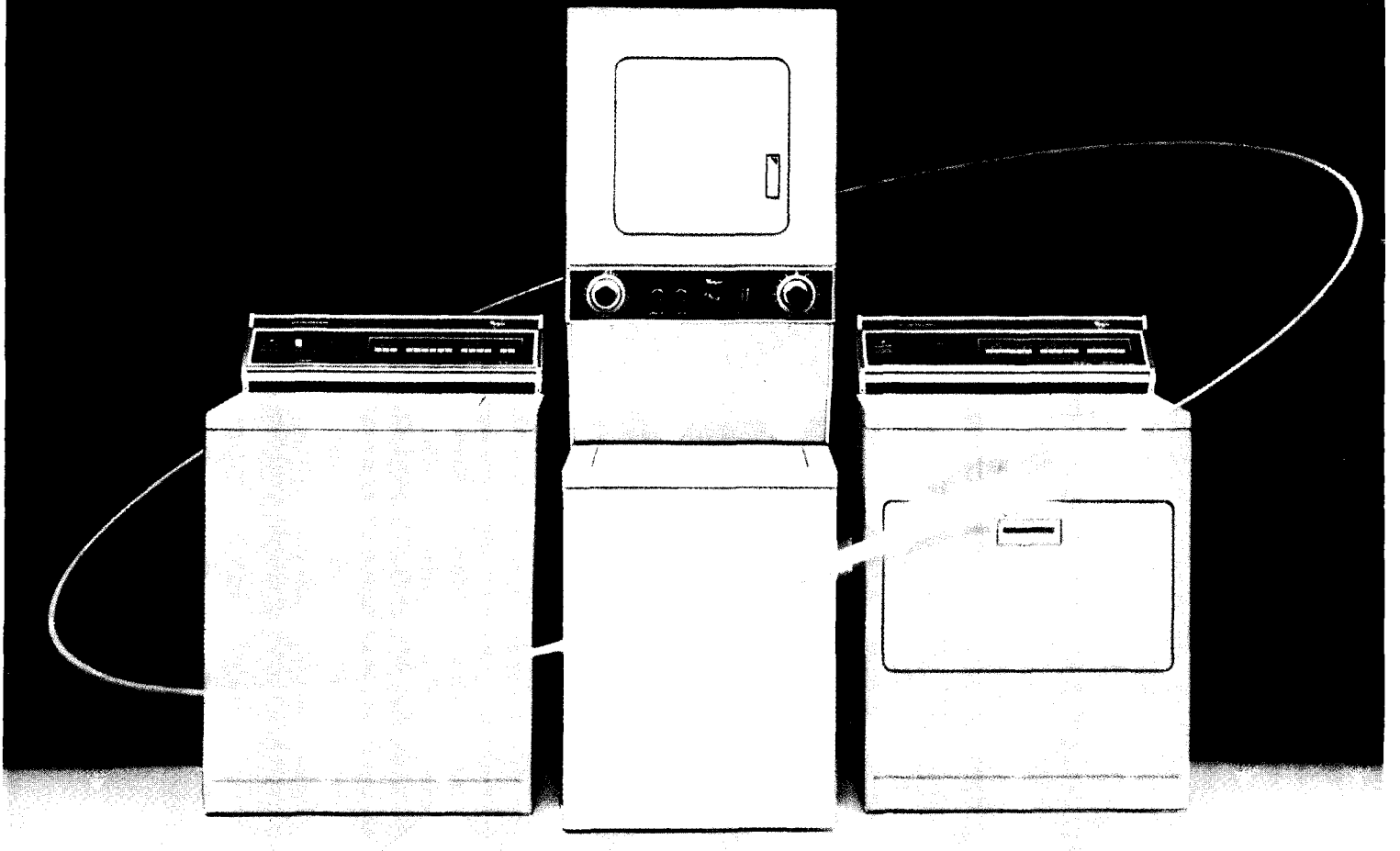

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